NEWSLETTER

Beyond Physical Therapy

SEPTEMBER 2023



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SEPTEMBER 2023
The Newsletter About Your Health & Caring for Your Body



Do you find yourself apprehensive and excited at the same time when fall gardening approaches? You may benefit from learning how to stay in "gardening shape!"

At Beyond Therapy & Wellness, we can help guide you through the steps needed to prevent injuries and enjoy the season.

Fall gardening has several advantages, such as cooler temperatures and less humidity than summer months. It also offers the opportunity to clean out last season's flower beds and vegetable garden, and plant bulbs that bloom next spring.

Gardening is a great way to get outside and take advantage of the fresh air, but it can also put a strain on your back. It's essential to take the necessary steps to protect your back from injury during gardening.

Whether you're experiencing general back pain or sciatica pain, our physical therapists at Beyond Therapy & Wellness are trained in helping alleviate your discomfort. We will provide you with helpful tips for avoiding back pain while gardening (and doing other daily tasks) so you can comfortably enjoy your leisure activities.

Call today to schedule an appointment with one of our therapists!

HOW GARDENING MAY CAUSE BACK PAIN

Back pain typically develops due to an injury, poor postural habits, or repetitive movements, like bending. This is why back pain is so common with fall gardening. The repetitive bending, digging, and reaching needed for gardening will often lead to lower back pain.

Gardening is a great way to get physical activity, and for a lot of people, the mental/emotional benefits are as important as the physical.

Although it is not often viewed this way, gardening is similar to a sports season. Just like athletes need to train in the offseason to have a productive, competitive season, gardeners need to learn how to prepare for their season.

Fortunately, our physical therapists can teach you the strategies to resolve injuries, old and new, and how to get into "gardening shape."

HOW TO PREVENT BACK PAIN WHILE GARDENING

Gardening offers the opportunity to experience the outdoors while working on your green thumb. However, it is essential to take the necessary steps to protect your back from injury while gardening. Below are three tips for pain-free gardening:

1. Warm-up first.

Like any other physical activity, it is crucial to warm up before gardening. Morning gardeners need to make sure to walk around, or at least be up and moving, for about 45 minutes before starting any bending or lifting.

2. When in doubt, stick your butt out!

One of the most common mistakes gardeners make is with their technique. Your back is incredibly strong and resilient when you maintain the natural curves. In the lower back, the curve is called lordosis.

When you stick your butt out, you will naturally increase the curve, a.k.a lordosis, and protect your back from injuries. Whether you are working with a shovel, rake, or spade, it is vital to keep your curves. Also, when bending to pull weeds, it is better to kneel or squat so you can maintain the straight spine position and protect your back.

3. Safety First

You can take simple steps to ensure you are safe while gardening. The most important include:

- Take frequent breaks or alternate tasks such as digging, lifting, and walking. Adding in some simple backbends before starting can also help decrease your risk of pain or injury.

Continues Inside

Contact Beyond Physical Therapy today to find out how we can help you stay pain free this season

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Continued From Outside

- Choose the right gardening tools to limit the stress on your body
- Use your hips and knees to lift, rather than your back.

Preparing for the gardening season can be fun and enjoyable or painful and frustrating. Our therapists are here to help make sure you can do what you love!

HOW PHYSICAL THERAPY CAN HELP BACK PAIN

Fortunately, physical therapy can effectively treat and/or prevent back pain. Our licensed physical therapists will determine the source of your pain and then create a plan to resolve it once and for all.

Your treatment plan will focus on pain relief, which may include any combination of light exercises, manual therapy, ice and heat therapies, posture improvement, or any other treatment that your physical therapist deems fit.

As you progress and improve, your physical therapist will expand on your exercises and stretches by making them more intensive over time. We will spend one-on-one time with you on each visit, using hands-on techniques that get the joints, muscles, and nerves moving again.

We will also design a comprehensive exercise and education program to get you back to comfortably doing what you want to do!

CALL TODAY FOR AN APPOINTMENT

Physical therapy can help speed up your recovery by giving you the tools to succeed. At Beyond Therapy & Wellness, our therapists want to empower you to prepare for the fall gardening season with a program tailored to your individual needs!

Call today to set up an appointment with one of our therapists!

Sources:

https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD006555.pub2/full?highlightAbstract=back%7Cexercise%7Cpain%7Cexercis

https://bjsm.bmj.com/content/55/9/468

https://www.sciencedirect.com/science/article/abs/pii/S0140673618304896

At Beyond Therapy & Wellness, our therapists are dedicated to helping you live the active life you want, free of painful limitations! Call today for a comprehensive assessment and treatment program.

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AVOCADO EGG TOAST

INGREDIENTS:

- ¼ avocado
- ¼ teaspoon ground pepper
- ⅛ teaspoon garlic powder
- 1 slice whole-wheat bread, toasted
- 1 large egg, fried
- 1 teaspoon Sriracha (Optional)
- 1 tablespoon scallion, sliced (Optional) pepper

DIRECTIONS:

Combine avocado, pepper and garlic powder in a small bowl and gently mash. Top toast with the avocado mixture and fried egg. Garnish with Sriracha and scallion, if desired.

PATIENT SUCCESS STORY

"I highly recommend Beyond Therapy!"

"I highly recommend Beyond Therapy! I had long term lower back pain and neck pain that was resolved in short time and now I'm strengthening my muscle groups with excellent results. Bailey is awesome, she is very knowledgeable and makes me feel she knows my body better than I do. 5 stars all around." **-S.F.**

THE DIFFERENCE BETWEEN HEALTH & WELLNESS



You've most likely recently read about the importance of maintaining your health and wellness. However, health and wellness are two different things!

Being in good health can be described as the absence of physical diseases or illnesses as well as mental and emotional issues such as anxiety and depression. Your overall health pertains to your physical body and how effectively it functions—or does not.

Nutrition and exercise determine how healthy you are and how likely you are to develop acute or chronic illnesses. Factors such as genetics (having a family history of diabetes, weight gain, or other conditions) can also affect your health – you may be predisposed to some conditions more than others.

Focusing on your overall well-being, in particular, can help you maintain good health for the rest of your life! For example, you may be physically fit and disease-free, but your emotional health is deteriorating. "Wellness" refers to a healthy lifestyle that promotes happiness and satisfaction.

Being "well" does not depend on your health or your conditions. Wellness focuses on continually seeking balance in all aspects of your life, including your body, career, relationships, emotional well-being, and so much more! Your health and wellness work together to help you achieve a high level of well-being.

Working on getting your health and wellness in line together should be a high priority for you. Monitoring what you're eating daily, how much sleep you're getting, what your hobbies and interests are, and how much exercise you participate in can help you to stay healthy and keep a pulse on your wellbeing.

3 FALL HIKING TIPS

1. Just do it!

Each hike will make you better, so by simply getting out and doing it you will improve with every trip! You will learn how your body works, what trails are right for you, and what kind of gear best complements your hikes.

2. Know your surroundings and use the buddy system.

Don't jump into a hike without having a plan. Map out your trip ahead of time. Tell others where you're going and don't deviate from your route. Sign in at all registration points.

3. Don't dress to impress.

Hiking is not the time to be a fashionista. Good shoes/boots are a must. Dress for the weather, and in layers in case it changes.



ARE YOU IN PAIN?
HAVE YOU SUFFERED AN INJURY?
ARE YOU LOOKING TO GET HEALTHIER, STRONGER, AND MORE ACTIVE?

If you answered yes to any of these questions, let us help you get pain free and meet your goals.

CALL BEYOND PHYSICAL THERAPY
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