



TIP OF THE MONTH

Gardening Ergonomics

It's that time of year again. Time to exchange snow shovels and winter boots with gardening tools and watering cans. While the warmer weather brings on a new sense of happiness and energy, we need to remember to use proper body

mechanics and follow general safety to avoid muscle aches and potential serious injuries. The number one injury associated with gardening is low back pain. To keep your gardening experience more enjoyable, we have put together a few tips.

Lifting: Lifting heavy objects such as bags of soil, planters and mulch improperly can lead to low back strains and/or sciatic pain. Only lift what you can easily maneuver. Using a garden cart or wheelbarrow can also assist with moving heavy gardening materials. Remember to lift with your legs, avoid simultaneous lifting and twisting and keep heavier objects close to your body to avoid injury.

Planting: Prepping the soil can also be a difficult and tedious task requiring prolonged forward bending and frequent changes in position. Remember to avoid twisting at the spine. Those with known chronic low back pain may want to consider planting into pots, flower boxes or raised flower beds to avoid further injury.

Weeding: Most people dislike weeding their garden and flower beds. Options to reduce the need to do so include using plants as ground cover or using mulch in your flower beds to minimize weed growth. If using a weed spray, look for bottles that have a sprayer hose to allow you to stand upright while treating your problem areas.

Mowing: The action of pulling a cord to start your mower is the most common cause of low back injuries. If you must use a pull start mower, remember to bend at your knees and maintain the natural curve of your spine while reaching for the cord. Make sure you tighten your abdominal muscles just before pulling the cord in order to support your spine.

No matter what your gardening goals are this year, remember to take frequent breaks and change positions when you start to feel aching, cramping or fatigue. Stay hydrated and wear sunscreen. For more gardening without pain tips, [click here](#). If you do happen to experience low back pain or any other injury, remember to contact us. We can help alleviate your symptoms as well as educate you on proper body mechanics.



PT&Me Featured Article:

[Can your feet cause pain in your knee, hip or back?](#)

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



“Weeds are flowers, too, once you get to know them.”

— A.A.Milne

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Turkey Burgers

Tired of turkey? Well, here is something different for you. If you haven't tried a turkey burger yet, this one is too good not to share! And, it also has nutritious value!



Ingredients:

- 1lb lean ground turkey
- 3T thyme
- 1/4 cup sage
- Salt & pepper to taste
- Hamburger buns
- Toppings of your choice

Directions:

1. Preheat the grill to high
2. Mix the ground turkey, sage, thyme, salt and pepper in a medium bowl until the spices are even throughout
3. Form into four burger patties
4. Grill on high for about 5 minutes each side
5. Let them sit for a minute and then dress to your liking. Enjoy!