

## TIP OF THE MONTH



## Gardening and Injury Prevention

It finally feels like spring and many of us will be taking advantage of the somewhat cooler weather as we get our flower beds up to snuff. Gardening should be fun and not a chore. As you work on

your flowering plants and vegetable gardens, the most basic rule to remember is never try to complete more than you can comfortably manage. You could potentially risk injury by missing the signals your body is sending you; like an ache in the elbow or strain in the back.

### Here are some tips for staying healthy while gardening

- Start slowly and take frequent breaks
- Alternate tasks and change movements
- Stay hydrated and drink more water than you think you need
- Stand up and stretch at least once every hour
- When you feel pain - STOP

Most gardeners agree that it can be extremely hard work unless you limit yourself to a few potted plants or short bursts of weed pulling. There are both traumatic and repetitive strain injuries (RSI) that can interrupt your gardening fun if you aren't careful. The most important rule in repetitive strain injury (RSI) prevention is to never work through pain. If your shoulder aches even before you start your pruning job, you should either postpone the task until your shoulder is better or ask for help.

Even if you are used to a regular program of exercise, gardening requires strength and flexibility. For information on gardening ergonomics and some stretches to help prevent injuries, [click here](#). If you are already experiencing back, neck or shoulder pain that won't go away, please call us so that we can take a closer look at your injury or pain.



### PT&Me Featured Article:

#### [Golfer's Elbow \(Medial Epicondylitis\)](#)

Medial epicondylitis is most commonly referred to as Golfer's Elbow and is a painful condition where the tendons that attach to the inside of the elbow [more](#)

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



*“Mistakes are proof that you are trying”*

— Unknown

## 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

### Chocolate Banana Peanut Butter Smoothie

This recipe was given to us by a friend of ours in Oregon. If you are looking for a new drink packed with protein – you'll need to add this to your collection of recipes.



#### Ingredients:

- |                                     |                                 |   |
|-------------------------------------|---------------------------------|---|
| •2 cups of ice                      | •1/2 cup plain Greek yogurt     | •1/2 cup chocolate almond milk, unsweetened |
| •1 banana (frozen or fresh)         | •1.5 tsp of honey (or to taste) | •2 scoops vanilla protein powder            |
| •1/8 cup PB2 Powdered Peanut Butter |                                 |   |

#### Directions:

1. Mix all ingredients in a blender until smooth
2. Serve cold