



## TIP OF THE MONTH

Lawn & Garden  
Injury Prevention

**Thank goodness for Spring!** Warmer weather brings a new sense of happiness and energy, and we find ourselves enjoying the great outdoors. With that, however, comes yardwork, some weeding, and getting the flowerbeds back in shape. Did you know that the number one injury associated with gardening is low back pain? We can't have that! To keep your gardening and yard work experiences more enjoyable, use these tips to stay injury and pain free.

**Lifting:** Lifting heavy objects such as bags of soil, planters, and mulch improperly can lead to low back strains or sciatic pain. Only lift what you can easily maneuver. 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 the spine. Those with **chronic low back pain** should consider planting into pots, flower boxes, or raised flower beds.

**Weeding:** Most people dislike weeding their gardens 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 with 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. Tighten your abdominal muscles just before pulling the cord to support your spine.

No matter your lawn and garden goals this year, take frequent breaks and change positions if you feel aches, cramps, or fatigue. Stay hydrated and wear sunscreen. For more gardening without pain tips, [click here](#). If you experience low back pain or any other injury, contact us. We can help alleviate symptoms and provide guidance on proper body mechanics.



**DO'S AND  
DON'TS FOR  
SPRING  
CLEANING**



PT&Me Featured Article: [Do's and Don'ts for Spring Cleaning](#)

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



***"Doubt can only be removed by action."***

— Johann Wolfgang von Goethe

## 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

## Grilled Artichokes

Artichokes are in season, and they are delicious. Grilled artichokes are a treat and a great way to try your hand at preparing them. This recipe serves 4.



## INGREDIENTS:

- 1 lemon, quartered
- 2 large artichokes
- 1/2 cup olive oil
- 4 minced cloves of garlic
- Salt and pepper to taste

## DIRECTIONS:

1. Take your artichokes, trim off the tops, and slice them in half so that they can lay flat on the grill
2. Put the artichokes in a bowl of cold water and squeeze one of your 4 lemon wedges in the water to keep them from browning
3. Boil some water and preheat the grill to Medium High
4. Add the artichokes to the boiling water for 15-20 minutes until tender
5. Mix the remaining ingredients in a small bowl
6. Brush the dip evenly over the artichokes and place on the grill for 5-10 minutes
7. Continue basting and turning the artichokes every 2-3 minutes (They're done once the edges are crispy)
8. Scoop out the chokes and serve warm with the remaining dip!