



TIP OF THE MONTH

Avoid Injuries in the Yard this Fall

It's Fall! Time for pumpkin spice, bonfires, watching the leaves turn.

However, fall does come with some challenges. One of the biggest challenges is yard work! When those leaves fall, it is time to rake them. On the plus side, yard work such as raking leaves counts as moderate exercise! On the not-so-plus side, it can be easy to hurt yourself.

The colder weather already puts you at risk for muscle pain- muscles constrict in cold weather and are more prone to cramps and strain. Then add to that the twisting, turning, bending, pulling, pushing, and reaching of raking. Since these are seasonal activities, you may use muscles that are not as limber as anticipated. All these factors contribute to injury. Common injuries include upper and [lower back strain](#), neck, and shoulder pain.

Here are some tips to prevent injuries when raking leaves and doing additional yard work:

GENERAL GARDENING TIPS:

- Do [stretching exercises](#) before and throughout the course of your yard work.
- Stand as straight as possible.
- Bend at the knees, not the waist, while [picking things up](#).
- Look into purchasing ergonomic tools. Ergonomic tools are designed to prevent unnecessary stress or strain on the body.
- Avoid repetitive twisting and turning.
- Take breaks and allow your muscles to rest to minimize strain.

RAKING TIPS:

- When raking leaves, use a "scissors stance." Right foot forward and left foot back for a few minutes, then switch.
- Hold the rake handle close to your body and stand up straight.
- Change sides frequently to avoid overusing one side of your body but avoid twisting when you pass the rake from one side to the other.
- When leaves are under the rake, pull them straight back towards your body.

If you are experiencing pain from raking, fall sports or day-to-day activities, give us a shout. We'll look at the injury and determine whether or not physical therapy may be the best choice for care. We wish you a pain-free holiday season!

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



"Be present in all things and thankful for all things."

— Maya Angelou

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

Homemade Cranberry Sauce

Our friend Leah was given this recipe about 10 years ago by a family friend in New Jersey. It has since become a Thanksgiving staple in her home. We hope you enjoy this holiday favorite as much as we do!



INGREDIENTS:

- 1 large orange
- 4 cups (1lb) fresh cranberries
- 1 cup golden raisins
- 1/4 cup of honey
- 3/4 cup sugar
- Pinch of ginger
- 1/2 cup chopped walnuts

DIRECTIONS:

1. Quarter the orange with the rind still on and remove the seeds.
2. Add the cranberries and orange to a processor or blender.
3. Mix in the remaining ingredients.
4. It's best to make it beforehand and freeze it for a better flavor.
5. Thaw the day before, chill in the fridge, and serve cold.



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