



## TIP OF THE MONTH

Spring Cleaning -  
No pains, Only Gains

Spring is the perfect time to clean up your outdoor spaces. From weeding flower beds to cleaning the gutters, we've put together a few tips to help you stay injury-free.

**Weeding:**

Unless you have a stand-up weeding tool, chances are someone will have to pull those weeds out the old-fashioned way. Posture here matters. Depending upon your fitness and capability levels, we have [3 ways to pull out weeds](#) without injuring your back. No matter which option you choose, you need to:

1. [Stretch](#) before you get started
2. Take breaks
3. Never twist your back. Only work in the area directly in front of you.

**Lifting Bags of Soil or Mulch**

The rules for [lifting heavy objects](#) apply here. Lift with your knees, not your back - and do NOT twist your back while carrying heavy objects.

**Cleaning Gutters**

Ladders can be extremely dangerous. Some of the more common causes of ladder falls include:

- Overreaching
- Wearing the wrong shoes
- Losing your balance
- Failing to set up the ladder properly - or without a leveler

[Falls from a height](#) can lead to serious injury to your back, shoulder, [hands](#), and more. If you are a [fall risk](#), you should not attempt to get on a ladder. Ask or hire someone to help.

If you experience low back pain or injury while gardening, contact us. We can help alleviate symptoms and provide guidance on proper body mechanics.

TOP 5  
EXERCISES  
TO REDUCE  
BACK PAIN**Featured Article:**[Top 5 Exercises to Reduce Back Pain](#)

Over time, we develop arthritic changes in our back due to normal wear and tear. We have a list of low back pain exercises that can help reduce lower back pain.

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



*"It's not whether you get knocked down, it's whether you get up."*

— Vince Lombardi

## 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

**Plum Crumble**

This is the peak season for plums, so we wanted to pass on a great no-guilt dessert that you can enjoy!

**INGREDIENTS:**

- 3/4 cup old-fashioned rolled oats
- 1/3 cup almond flour
- 1/4 cup granulated sugar
- 1/4 cup packed brown sugar
- 1/4 teaspoon ground cinnamon
- Pinch of salt
- 1/4 cup cold unsalted butter, 1/2 stick
- 5 cups sliced fresh plums
- 1 tablespoon arrowroot powder
- 1 tablespoon lemon juice
- 1/4 cup chopped almonds or walnuts

**DIRECTIONS:**

1. Preheat oven to 350°
2. Place your dry ingredients, plus the sugar and butter, in a food processor and combine - set aside.
3. Mix the plums, arrowroot, and lemon juice in a bowl, and distribute evenly into the baking container/s of your choice
4. Top the plums with your crumble and bake for 40 minutes or until the plums are bubbling.
5. Serve warm and enjoy!