

NEWSLETTER

March
2022

AGILITY
PHYSICAL THERAPY
Experience the Difference

AVOID BACK PAIN WHILE GARDENING THIS SEASON

Do you find yourself apprehensive and excited at the same time when spring gardening approaches? You may benefit from learning how to stay in “gardening shape!”

At Agility Physical Therapy, we can help guide you through the steps needed to prevent injuries and enjoy the season.

Spring gardening has several advantages, such as cooler temperatures and less humidity than summer months. It also offers the opportunity to clean out last season’s flower beds and vegetable garden, and plant bulbs that bloom next spring.

Gardening is a great way to get outside and take advantage of the fresh air, but it can also put a strain on your back. It’s essential to take the necessary steps to protect your back from injury during gardening.

Whether you’re experiencing general back pain or sciatica pain, our physical therapists are trained in helping alleviate your discomfort. We will provide you with helpful tips for avoiding back pain while gardening (and doing other daily tasks) so you can comfortably enjoy your leisure activities.

How gardening may cause back pain:

Poor posture isn’t anything to be embarrassed about - very few people have perfect posture, and most people partake in lousy posture. Back pain typically develops due to an injury, poor postural habits, or repetitive movements, like bending. This is why back pain is so common with spring gardening. The repetitive bending, digging, and reaching needed for gardening will often lead to lower back pain.

Gardening is a great way to get physical activity, and for a lot of people, the mental/emotional benefits are as important as the physical.

Although it is not often viewed this way, gardening is similar to a sports season. Just like athletes need to train in the offseason to have a productive, competitive season, gardeners need to learn how to prepare for their season.

Fortunately, our physical therapists can teach you the strategies to resolve injuries, old and new, and how to get into “gardening shape.”

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How to Prevent Back Pain While Gardening

Gardening offers the opportunity to experience the outdoors while working on your green thumb. However, it is essential to take the necessary steps to protect your back from injury while gardening. Below are three tips for pain-free gardening:

1. Warm-up first. Like any other physical activity, it is crucial to warm up before gardening. Morning gardeners need to make sure to walk around, or at least be up and moving, for about 45 minutes before starting any bending or lifting.

2. When in doubt, stick your butt out! One of the most common mistakes gardeners make is with their technique. Your back is incredibly strong and resilient when you maintain the natural curves. In the lower back, the curve is called lordosis.

When you stick your butt out, you will naturally increase the curve, a.k.a lordosis, and protect your back from injuries. Whether you are working with a shovel, rake, or spade, it is vital to keep your curves. Also, when bending to pull weeds, it is better to kneel or squat so you can maintain the straight spine position and protect your back.

3. Safety First. You can take simple steps to ensure you are safe while gardening. The most important include:

- Take frequent breaks or alternate tasks such as digging, lifting, and walking. Adding in some simple backbends before starting can also help decrease your risk of pain or injury.
- Choose the right gardening tools to limit the stress on your body
- Use your hips and knees to lift, rather than your back.

Preparing for the gardening season can be fun and enjoyable or painful and frustrating. Our therapists are here to help make sure you can do what you love!

Physical therapy can help speed up your recovery by giving you the tools to succeed. At Agility Physical Therapy, our therapists want to empower you to prepare for the spring gardening season with a program tailored to your individual needs!

Call today to set up an appointment with one of our therapists!

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD006555.pub2/full?highlightAbstract=back%7Cexercise%7Cpain%7Cexercis>, <https://bjsm.bmj.com/content/55/9/468.m> <https://www.sciencedirect.com/science/article/abs/pii/S0140673618304896>

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Tell us how we did!

INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our Google Review page)
3. Tell us how your experience was!



Venice



Pinebrook

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***FREE BACK PAIN/
INJURY ANALYSIS***

VENICE: (941) 484-8107

SOUTHBRIDGE: (941) 244-2410

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***START OFF THE NEW YEAR RIGHT
BY SCHEDULING A FREE 20 MINUTE
TELEHEALTH APPOINTMENT***

Offer valid for the first 25 people to schedule. Expires 03-31-22

National Nutrition Month



National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. This year, Eat Right® is promoting the diversity of foods. This is a great opportunity to celebrate a “World of Flavors”

To learn more, visit <https://www.eatright.org/food/resources/national-nutrition-month>

Patient Success Spotlights

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“Thank you for taking great care of me during my 9 sessions at Agility Physical Therapy - Southbridge. I enjoyed my experience immensely, and I know that I made great progress.” - Tony

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David Osmond, PTA

David earned his Physical Therapy Assistant Degree in 2015 from Keiser University in Sarasota, FL. He has been with Agility since February of 2016 and has experience in both inpatient and outpatient rehabilitative settings. David enjoys helping his patients return to their prior levels of function, which restores their confidence and gets them back to enjoying an active life. David is married and a father of two, and has lived in the Venice community for 15 years. In his spare time, he enjoys spending time with his family and being outdoors.

Contact Agility Physical Therapy today to help relieve your persistent back pain!

Exercise Essentials

Clamshells

Lie on your side with your hips at 45 degrees and your knees bent to 90 degrees. Your heels are in line with your head, torso, and hips. Rotate your hips and knees apart (like a clam opening) while remaining contact with your heels. Keep the top hip parallel with the ceiling. Lower your leg to the starting position and repeat on other side. You should feel a stretch in the outer hip of your top leg.



CALL TODAY! 941-484-8107