

# NEWSLETTER

**AGILITY**  
PHYSICAL THERAPY  
*Experience the Difference*



## **PHYSICAL THERAPY CAN HELP PREVENT GARDENING INJURIES**

Are you looking forward to getting back into your garden but are worried about an old injury getting in your way? Have you noticed that your body gets a bit more achy when you start gardening every spring? Fortunately, at Agility Physical Therapy, our physical therapists are experts at resolving aches and pains so you can keep doing what you love!

Although many do not consider gardening a dangerous activity, the reality is that gardening can result in as many injuries as many sports. There are injuries related to equipment, accidents, and trauma, but most orthopedic injuries are related to prolonged positions, repetitive movements, and awkward and/or heavy lifting. For most gardening enthusiasts, their motivation is for the pleasure and enjoyment of the pastime, not for the health benefits per se. At Agility Physical Therapy, our physical therapists understand this motivation and want to help ensure your aches and pains don't stand in your way.

No matter the cause of your aches and pains, our team of physical therapists can help. Request an appointment today and let us help you get back to doing what you love!

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# ***THE MOST COMMON INJURIES RELATED TO GARDENING***

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Gardening is an activity that people of all ages and physical abilities can perform. The mental and emotional benefits are considerable, which has led more and more people to pursue a home or community garden.

One of the main factors leading to gardening injuries is that many gardeners think of the activity as a casual afternoon of fun and therefore rarely prepare for it physically. Most people just start no matter how long it has been since they last were in the garden.

Repetitive and/or sustained positions such as sitting, kneeling, or remaining bent over go hand in hand with gardening. Unfortunately, these positions are often associated with pain and/or injury. In addition, the repetitive nature of gardening can lead to overuse-type injuries.

## **THE MOST COMMON ORTHOPEDIC TYPE INJURIES INCLUDE:**

- Lower back pain
- Neck pain
- Shoulder pain and tendinitis
- Elbow and hand tendonitis
- Knee pain and bursitis.



Fortunately, at Agility Physical Therapy, our therapists can help identify the cause of your aches and pain and help modify your techniques so you can get back and stay in your garden!

***SCHEDULE YOUR FREE  
PAIN SCREENING***

***VENICE: 941.484.8107***

***SOUTHBRIDGE: 941.244.2410***

***AGILITY***  
PHYSICAL THERAPY  
Experience the Difference

***CELEBRATE HEART HEALTH  
MONTH BY SCHEDULING A FREE  
20 MINUTE APPOINTMENT***

*Offer valid for the first 25 people to schedule.*

## HOW CAN PHYSICAL THERAPY HELP

Our physical therapists are musculoskeletal experts. We have proven success in treating the typical injuries gardeners experience and providing strategies to minimize future injuries. We can provide common recommendations like using a pad when kneeling or, when possible, consider using a raised bed.

Too often, people think of gardening as an everyday activity, but the reality is that it can also be demanding and, without proper preparation, lead to injuries. There are also more obvious tips like taking multiple trips rather than trying to lift and carry something too heavy and, of course, using the proper equipment for the job. Some less apparent recommendations include getting proper sleep and/or using a dynamic warm-up before starting your day.

Like with any activity, a dynamic warm-up can prepare the body for whatever task you will perform. The ideal warm-up will include gardening-specific movements and involve the entire body. Part of the benefits of gardening is that it challenges your upper body, lower body, core, and even balance and gait. Warming up ahead of time helps get the body ready for any challenge that may come.

In addition, we can educate you about how to identify your natural posture and incorporate proper positioning in the different tasks you will need when gardening. We can teach you how to lift correctly, and instead of just telling you to use your legs instead of your back, actually show you and coach you how to do this properly.

We will also include modifications to your typical way of gardening, like starting slowly and doing only an hour or two maximum when you first get started. Our team also will encourage you to change your position frequently and take breaks from the prolonged positions or repetitive movements to avoid overuse-type injuries.

Our team understands that gardening is a huge part of people's life and offers mental, physical, and emotional benefits. We will identify the factors causing your aches and pains and give you the tools to resolve them sooner than later!

## REQUEST AN APPOINTMENT TODAY!

Our physical therapists will perform a comprehensive evaluation to determine all the factors contributing to your current situation and your understanding of how to prevent future issues. This first appointment can also alert your therapist to any weaknesses or limitations causing you pain and dysfunction.

You will then be prescribed a personalized exercise routine that aligns with your body and gardening goals. Your therapist can also offer you manual therapy or pain-relieving techniques to ensure your exercise experience will be as healthy and painless as possible.

Our skilled physical therapy team full of movement experts can prescribe you healthy exercises, offer warm-up and prevention advice, and ultimately help you improve your ability to garden the way you want to. Don't hesitate to contact Agility Physical Therapy today!

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Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6334070/> • <https://www.sciencedirect.com/science/article/pii/S0264275121000160> • <https://bmjopen.bmj.com/content/10/7/e036923> • [https://www.oarsijournal.com/article/S1063-4584\(18\)30608-3/fulltext](https://www.oarsijournal.com/article/S1063-4584(18)30608-3/fulltext) • [https://academic.oup.com/biomedgerontology/article/56/suppl\\_2/13/581097](https://academic.oup.com/biomedgerontology/article/56/suppl_2/13/581097)

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# HELP SUPPORT AMBER JACOB

On October 3rd, 2022, Amber Jacob began her lifelong journey with Chronic Regional Pain Syndrome (CRPS). Days after tripping and rolling her ankle, her pain just wouldn't let up and became completely unbearable. She had a whole team of doctors trying to help, but was diagnosed with CRPS, which she was told is incurable.

**But Amber is a FIGHTER and will not accept losing the use of her legs!**

She has found a specialist in Arkansas, Dr. Katinka at The Spero Clinic, the only treatment center of its kind in the world, and the only one in the country that specializes in treating CRPS. They only accept a small number of patients at a time, and they have accepted Amber! She will start her 14-18 week treatment at the Spero Clinic April 10th! It's important that she start right away, because it is spreading so fast, and her chances of a full remission are better the sooner they can get it under control.

The treatment costs approximately \$50,000, so we are pairing with Amber to raise these funds to help her get her life back!



**Please consider scanning the QR code to support Amber!**

## SCHEDULE AN APPOINTMENT TODAY

At Agility Physical Therapy, we are dedicated to helping you live the best life you can. If you are looking for assistance in living a more physically active life, call today to schedule an appointment with one of our physical therapists.



## SHAMROCK GREEN SMOOTHIE

### INGREDIENTS:

- 2 bananas, frozen
- 1 green apple, core removed
- 2 cups water or milk (non-dairy if necessary)
- 1 cup plain Greek yogurt
- 2 handfuls spinach (about 1-2 cups)
- 1 teaspoon vanilla extract
- Honey to taste (optional)

**INSTRUCTIONS:** In a blender, add all ingredients. Blend until smooth, adding more water if you want a thinner smoothie. Adjust sweetness with additional honey, if desired.

Recipe: <https://www.momables.com/healthy-shamrock-green-smoothie/>



# STAFF SPOTLIGHT

## CATIE WILLIAMS, PTA

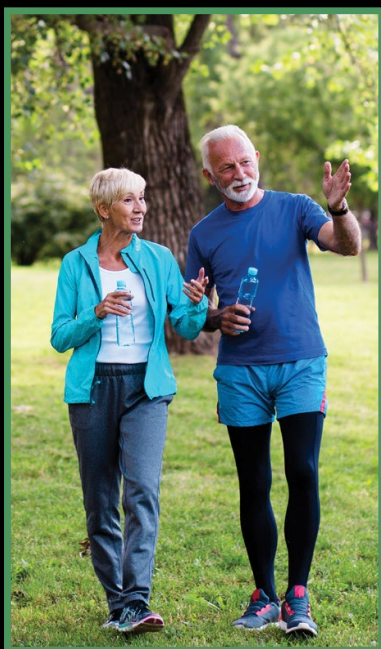


*Catie was born and raised in the Venice area, where she grew up playing soccer locally and for the Venice High school women's soccer team. She went on to play soccer at the collegiate level, where she obtained her Bachelor's in Health and Wellness Management. After graduating, Catie returned to Venice and worked as Agility's Rehab Technician before attending Keiser University, where she graduated with a Physical Therapist Assistant degree from in 2019. Catie fell in love with the physical therapy/sports medicine field after interning as a student athletic trainer for 3 years in high school, interning at Agility her senior year of high school, as well as assisting the head athletic trainer for 2 years in college.*

## ARE YOU KEEPING UP WITH YOUR APPOINTMENTS?

*By ensuring you are staying on track with your physical therapy appointments, you will stay on the road of better health and wellness. Consistency is incredibly important in order to achieve the results you want. Can't make it to your appointment? We can also bill your insurance for telehealth and virtual visits! Contact us today with any questions or to schedule your next appointment!*

## PATIENT SUCCESS



*"After injuring my shoulder and trying home therapy on my own for over ten plus months with no success, I finally made the decision to get professional help. After much research I decided on AGILITY Physical Therapy. From the moment I called I knew I made the right decision. Their clerical team was very courteous, professional, and most importantly - very, very helpful with my insurance as well as setting up appointments. My therapist was knowledgeable, skillful, courteous, and professional. I would especially like to thank Daniel Jacquet and Autumn's team for all their hard work in getting me back on the road to recovery. Therefore, I highly recommend AGILITY Physical Therapy. It is refreshing to see a team that is dedicated to working together. Thank you for all you do!" — C.M.*

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