

As spring is upon us, many of us want to get outside and start clearing out the gardens. Consider these tips before you start to keep your back healthy.



Gardening is a great way to stay active and have fun in the sun. But many people sustain injuries that could easily have been prevented with a little know-how.

To “plant and rake without the ache”, start by doing some stretches. Areas to consider stretching are your sides, front and back of the thighs, wrists, shoulders and back. Refer to the link below this paragraph on how to perform some of these stretches.

http://files.chiropractic.on.ca/_att/3311d552-5d93-4835-bf19-fd9793075ec1/gardentri-fold.pdf

When you are performing the stretches don't bounce, jerk or strain. Stretches should be gentle and should not cause pain.

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The Right Moves

Alternate: The best way to keep yourself safe and injury free is to alternate between heavy and light jobs. This way your body gets a break and there is not constant heavy strain on your body.

Change hands: Take the strain off by changing the position of your hands.

Check your position: Changing your position while you are working will also help. Change it often just like alternating between heavy and light work. Kneel, then stand. Or simply sit and relax for a while.

Lift right: Make sure your back is straight, and always bend your knees. Carry the load close to your body, and avoid heavy lifting immediately after bending or kneeling.

Rake right: Ease the strain on your back by putting one leg in front, the other behind. Switch legs and hands from time to time.

Kneel to plant: Use knee pads or a kneeling mat to reduce the strain while you plant and weed. Keep your back straight and take breaks frequently.

What is Massage Therapy?



Massage Therapy is the assessment of soft tissue and joints of the body and the treatment and prevention of physical dysfunction and pain of soft tissue and joints, by manipulation to develop, maintain, rehabilitate or augment physical function, or relieve pain. (Massage Therapy Act 1991)

Massage Therapy can be used for the treatment of both acute and chronic conditions, and work with a variety of patients of all ages.

Many common conditions in which Massage Therapy can prove beneficial are but not limited to:

- Anxiety and Depression
- Carpal Tunnel syndrome
- Headaches
- Muscle Tension/Spasms
- Stress and Stress related conditions

- Fibromyalgia
- Pregnancy and Labour support
- Strains/Sprains
- Whiplash
- Chronic Fatigue syndrome
- Tendinitis
- Sports injuries
- Temporomandibular Disorders

Massage Therapy can also be used as part of a preventative care program. This includes sports training, injury prevention, ongoing stress management, and more! (RMTAO)

Make time to take care of yourself and book a massage today, your body will thank you for it!



As always, if you have any questions or concerns, make an appointment for treatment so we can help you out.

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