



Harbor Physical Therapy Spring Newsletter



Tips to Prevent Injury While Gardening

As spring and summer are approaching, we begin to get back to gardening. While gardening, many people develop back injuries due to improper body mechanics. Therefore, listed below are tips to decrease the likelihood of a back injury this gardening season.

- Before gardening, take a 10 minute walk or warm up with some light exercises to warm up your muscles.
- While shoveling, remember to bend at your knees and hips, not at your waist.
- When you empty a shovel full of mulch or dirt, make sure you pivot your feet while turning your upper body.
- Sit or kneel on a small stool or bucket while weeding and planting so you are not bending over.
- Use knee pads to kneel to avoid pressure on your knees.
- Use a cart or wheelbarrow to move things.
- Use ergonomic tools for pruning and planting.
- Do gentle stretches when you are finished gardening to prevent tightness/pain the following day.

Do I need Equipment to Get the Most Out of Exercise?

Physical Therapist answer- Not! You can do exercises to improve strength, endurance, and cardiovascular fitness without using any equipment. You might be surprised to learn that you can use things you already have around the house for exercise equipment so you don't need to break the bank. Listed below are some examples:

- a pillow to challenge your balance.
- water bottles, laundry detergent, or canned foods as weights.
- a hand towel can be used as resistance.
- stairs to work on strength and cardiovascular fitness.
- a chair or stool- to do push ups.

Six Reasons to Start Walking

1. Walking makes you stronger.
2. It is good for your heart health.
3. Helps to regulate your weight.
4. Decreases your risk for diabetes, heart disease, and cancer.
5. Helps to decrease stress.
6. Helps to build strong bones to combat osteoporosis.

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