

PIR NEWSLETTER

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Gardening Does Not Have To Be A Pain!

Written by: Caroline, PTA, Georgetown Clinic



The nice weather is upon us which means it's time to start tending to our gardens. Here at Partners in Rehab, PT we have many clients who love to get outside and plant their beautiful flowers and bountiful vegetable gardens. However, often time's people are apprehensive because they suffer from low back pain, which make the tasks associated with gardening painful & difficult. Here are some helpful tips to alleviate the effects of low back pain that may be preventing you from enjoying your garden.

1. Warm up and stretch prior to starting. A five minute walk and some basic stretching can get your body ready for the rigors of gardening. Lie flat on your back and pull both knees gently to your chest. Hold the stretch for 30 seconds. Repeat this 3 times.

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Spotlight Exercise: **Knee-to-Chest Stretch**



This stretch will relax your hips, thighs, and glutes while promoting overall relaxation.

To do a knee-to-chest stretch, follow these steps:

1. Lie on your back with both knees bent and your feet flat on the floor.
2. Keep your left knee bent or extend it straight out along the floor.
3. Draw your right knee into your chest, clasping your hands behind your thigh or at the top of your shinbone.
4. Lengthen your spine all the way down to your tailbone and avoid lifting your hips.
5. Breathe deeply, releasing any tension.
6. Hold this pose for 30 seconds to 1 minute.
7. Repeat with the other leg.

Place a cushion under your head for extra padding. You can also use wrap a towel around your leg if it's hard for your arms to reach.

To deepen the stretch, tuck your chin into your chest and lift your head up toward your knee.

Reference: www.healthline.com/health/lower-back-stretches#takeaway

9 Things Your Physical Therapist Wants You To Know About Aging Well

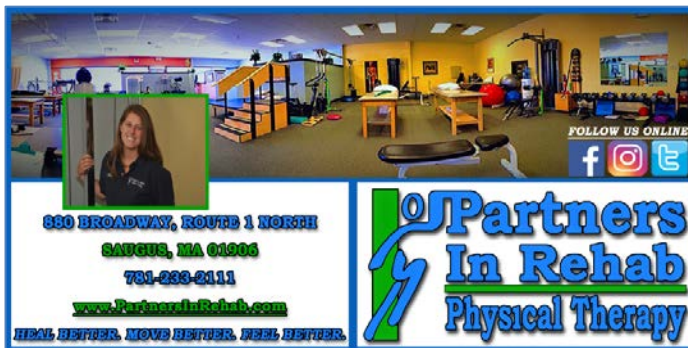
We can't stop time. But with the right type and amount of physical activity, we can help stave off many age-related health problems and live life to its fullest.

Physical Therapists are movement experts who can help you optimize quality of life through prescribed exercise, hands-on care, and patient education. Here are 9 things physical therapists want you to know to age well:

1. **Chronic pain doesn't have to be the boss of you.** According to the Centers for Disease Control and Prevention (CDC), in 2016 an estimated 20.4% (50 million) US adults experienced chronic pain, contributing to indirect medical costs, lost work time, and wages. Physical therapist-supervised exercise, mobility, and pain management treatment plans can ease pain while moving and at rest, improving your overall quality of life.
2. **You can get stronger when you're older.** Research shows improvements in strength and physical function are possible in your 60s, 70s, and even 80s and older, with an appropriate exercise program. Progressive resistance training, in which muscles are exercised against resistance that gets more difficult as strength improves, has been shown to prevent frailty.
3. **You may not need surgery or drugs for low back pain.** Low back pain is often over treated with surgery and medications, despite a wealth of scientific evidence demonstrating physical therapy can be an effective alternative – and with much less risk.

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2. Use good body mechanics. Avoid repetitive bending forward or twisting at your waist. Instead squat or kneel to reach things near the ground. Use of a padded kneeler, seat or rolling garden stool will help to accomplish this. Use of long handled tools can also be helpful in reaching low or hard to get to areas.
3. Lift heavy objects by keeping the item close to you and bending knees to protect the back. Use wheelbarrows and wagons to help with heavy loads over long distances. Do not try to lift items that are too heavy, when possible divide loads into smaller amounts.
4. Take frequent breaks. Every 20-30 minutes change your position. A helpful stretch is to stand up straight with hands on hips. Lean gently backwards to gently extend the low back for 30 seconds. Repeat as needed.
5. Consider planting in raised beds or in pots so that there is less need to bend over or to spend as much time on the ground. Be creative with your garden!

We hope that these few easy and helpful tips about gardening this summer will help you to better enjoy the “fruits of your labor”. From all of us here at Partners In Rehab, PT we wish you a happy and healthy gardening season and hope that you have a great summer!



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4. **You can lower your risk of diabetes with exercise.** Nearly 30 million Americans have diabetes, and only 21 million know they have it. Obesity and physical inactivity can put you at risk for this disease. But a regular appropriate physical activity routine is one of the best ways to prevent, and manage, type 2 diabetes.
5. **Exercise can help you avoid falls—and keep your independence.** About 1 in 4 US older adults fall each year. Despite this statistic falling is not a normal part of aging, and you can reduce your risk of falls. A physical therapist can help assess your risk, design an individualized prevention plan to include exercises and balance training, address underlying medical conditions, and more.
6. **Your bones want you to exercise.** Osteoporosis or weak bones affects more than half of Americans over the age of 50. Exercises that keep you on your feet like walking, jogging, or dancing, and resistance exercises, such as weightlifting, can improve bone strength or reduce bone loss.

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Partners In Rehab Physical Therapy

Testimonials ~ Summer 2019

At Partners In Rehab, PT we value our patients feedback and appreciate hearing how they feel about the services they received at one of our 3 facilities. Over the past year we have received some of the best patient testimonials, praising the services they received here at PIR, so we wanted to share a few of them with you:

"The staff was very professional and directed every procedure with care. If additional treatment is needed, I will definitely come back to Partners In Rehab. I feel that I have had so much improvement and I will highly recommend PIR."

-Jacqueline S., Methuen Clinic

"Partners In Rehab, PT is perfect! They were attentive, understanding, & empathetic Physical Therapists. I can't recommend the Saugus team enough! When I first arrived, I barely had any range of motion in my ankle. Today I'm walking with a lot more confidence. Thank You!"

-Margaret D., Saugus Clinic

"I'm amazed at the progress I've made in both of my knees. All of the therapists demonstrated considerable knowledge, care, & compassion. I highly recommend Partners In Rehab, PT to family & friends. I felt stronger every week and gained back my confidence."

-Beth M., Georgetown Clinic

If you have been a patient of Partners In Rehab, PT and would like to share your thoughts about the treatment you received, then please visit our website at www.partnersinrehab.com and click on the **Patient Survey** tab on the home page. At Partners In Rehab, PT we are dedicated to helping our patients **HEAL BETTER. MOVE BETTER. FEEL BETTER.** & by sharing your feedback we can guarantee to continue doing so for many more years. - Thank You

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7. **Your heart wants you to exercise.** Heart disease is the number 1 cause of death in the US. Exercise is one of the top ways of preventing it and other cardiovascular diseases. Research shows that if you already have heart disease, appropriate exercise can improve your health.
8. **Your brain wants you to exercise.** People who are physically active—even later in life—are less likely to develop memory problems or Alzheimer's disease, a condition affecting more than 40% of people over the age of 85.
9. **You don't "just have to live with" bladder leakage.** More than 13 million women and men in the US have bladder leakage. Don't spend years relying on pads or rushing to the bathroom. Learn more about treatment from a physical therapist.

Reference: www.moveforwardpt.com/Resources/Detail/9-physical-therapist-tips-to-help-you-agewell

