



FYZICAL[®]
Therapy & Balance Centers

HEALTH & WELLNESS

NEWSLETTER



NIP PAIN IN THE BUD THIS SPRING

3 Ways To
Prevent Back Pain
While Gardening

When To Use
Ice & Heat
For Pain Relief

Featured Treatment:
Balance Therapy

Schedule your next appointment now at [fyzical.com/utah](https://www.fyzical.com/utah)



NIP PAIN IN THE BUD THIS SPRING

Is the risk of injury holding you back from participating in your favorite springtime activities like gardening? At Fyzical Therapy & Balance Centers, our therapists are movement experts who can help you recover from an injury and even show you how to avoid one in the first place.

Springtime is finally here, and with it comes a renewed sense of energy and drive to reach your fitness goals! After a long winter of being stuck inside, it's more important than ever to stay on top of your health and make sure you're engaging in physical activities.

Gardening is an enjoyable way to get active, especially in the spring! Nothing beats the smell of blooming flowers, fresh air, and warm sunshine.

However, at Fyzical Therapy & Balance Centers, we understand that the fear of injury can prevent you from initiating the steps needed for a healthy and active lifestyle, especially if you've been injured in the past.

If you need an extra push to get ready to engage in your favorite springtime activity, physical therapy can help.

Request an appointment with Fyzical Therapy & Balance Centers today to learn more about how we can help with injury prevention and recovery this spring!

HOW GARDENING MAY CAUSE BACK PAIN

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."



LET'S GET YOU BETTER ASAP!

Scan the QR Code to schedule your next appointment now!



3 WAYS 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 its natural curves. In the lower back, the curve you need to maintain 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 intact. 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. Prioritize your safety.

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.

With our team of talented movement experts, preparing for the gardening season this spring can be enjoyable. Our therapists are here to help make sure you can do what you love!

CONTACT FYZICAL THERAPY & BALANCE CENTERS TODAY TO GET STARTED!

Are you excited to participate in this year's spring gardening season? At Fyzical Therapy & Balance Centers, our therapists want to empower you to prepare for this activity with a program tailored to your individual needs! Whether you need tips on how to prevent injury, or need help healing from old aches and pains, we are here to help.

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

Sources:

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD006555.pub2/full?highlightAbstract=back%7Cexercise%7Cpain%7Cexercise>
<https://bjsm.bmj.com/content/55/9/468>
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HOW IS YOUR HEARING?

Did you know that earlier detection and treatment of hearing loss keeps your brain healthy and stimulated, and helps avoid dementia in the future?

Come in and get your hearing checked today to keep your brain strong and healthy!



WHEN TO USE ICE & HEAT FOR PAIN RELIEF

When you've just sprained your ankle or pulled a muscle, all you want is some pain relief. If painkillers are handy, you probably pop a couple of them. If not, you ask for some ice... or was that heat instead?

To sort out this confusion, let's see what they really do. Both ice and heat relieve pain and help recovery.

HOW TO USE ICE

Ice is useful when you want to reduce swelling. For example, your ankle balloons up after a sprain. This is because blood and fluid collect rapidly, making it both painful and stiff.

At this point, an ice pack helps to close off those tiny vessels. The blood flow slows down. Small nerves become numb, so the pain reduces. The muscles also relax. The inflammatory reaction is slowed down. As a result, your ankle is less swollen and painful.

Ice packs are very useful in bruises, strains and joint swellings. Use them for any acute swelling, over the first 24 to 48 hours (except back strains). Ice helps later too, while exercising the limb. Our friendly therapists can show you how to make movements less painful and more flexible by using an ice pack just before or during exercise.



HOW TO MAKE AN ICE PACK

Wrap a plastic bag of frozen peas or ice cubes in a thick cold wet towel. Place it on the injured part. Check after a few minutes to make sure the skin is not red, an early sign of frostbite. Generally, icing for 15 to 20 minutes is enough. Repeat every 2-4 hours. Our therapists will help use ice properly for healing and pain relief.

HOW TO USE HEAT

Heat packs, bottles or infra-red lamps can be very useful if you have a muscle spasm or 48 hours after injury. Icing a muscle spasm contracts the muscle fibers, so they would hurt intensely. On the other hand, heat improves the circulation, soothes and relaxes the muscles by carrying away toxins and bringing in healing oxygen. Heat can comfort a back or neck strain, especially if it has been persisting for some time.

When you use a heat pack, wrap it in a towel and check the temperature so it doesn't burn the skin.

BALANCE THERAPY

Gait and balance training has a range of benefits, with avoiding injuries being at the top of the list. Beyond lessening your chances of falling or feeling dizzy, you're also more likely to feel confident with your footing. In addition, those aches and pains from poor posture are likely to decrease as well.

Hip and ankle weakness often leads to balance problems, as does poor posture. Strength and flexibility movements can help counteract these problems. These are often as simple as leg lifts while seated in a chair, or "knee marching." We may also practice standing on one leg, walking heel-to-toe, or tracking the movement of your thumb with your eyes as you move it in various positions.

With our dedicated team of physical therapists behind you, you'll regain confidence in navigating challenging terrain and learning how to avoid dizzy spells.



TAKE RESPONSIBILITY FOR YOUR PAIN AND GET THE HELP YOU NEED TODAY!

Call today to schedule an appointment to see if balance therapy would benefit you!

Give us a call today!

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