

OCTOBER, 2021



FYZICAL[®]
Therapy & Balance Centers

NEWSLETTER

www.fyzical.com/manassas | (703) 368-7343



EXCITED FOR FALL

GARDENING? AVOID BACK

PAIN WITH THESE TIPS

INSIDE:

- How Can I Prevent Back Pain Or Sciatica While Gardening?
- Exercise To Do At Home
- Patient Success Spotlight
- Don't Let Your Insurance Go To Waste



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TAKE CARE OF FALL ERRANDS WITHOUT BACK PAIN

WE CAN HELP!

Fall gardening offers the opportunity to plant fall flowers, clean out the flower beds and vegetable garden, and to plant bulbs that bloom next spring. Fall gardening has several advantages, such as cooler temperatures and less humidity than summer months. However, you have to take the necessary steps to protect your back from injury during gardening.

Gardening is a great way to get outside and take advantage of the fresh air, but it can also put a strain on your back. Millions of Americans suffer from debilitating back pain each year that affects their quality of life. It can present itself in a number of ways – whether you are having trouble getting out of bed, picking up your kids, putting on your socks and shoes, or partaking in your favorite hobbies, physical therapy can help relieve your back pain.

Our clinic can also diagnose whether the pain you're feeling is a result of general back pain or sciatica. Back pain typically develops as the result of an injury or muscle strain, which is why it is so common with the repetitive bending, digging, and reaching that gardening entails. Sciatica is a specific type of back pain that is extremely common. It develops from issues surrounding the nerves and can be felt in the lower back, legs, or buttocks. Sciatica occurs when the sciatic nerve becomes "pinched" or otherwise damaged in some way, thus resulting in a "shooting," "stinging," or "burning" sensation.

Whether you're experiencing general back pain or sciatica pain, our physical therapists at FYZICAL are licensed and trained in helping alleviate your discomfort. They can also provide you with helpful tips for avoiding back pain and sciatica while gardening (and doing other daily tasks) so you can comfortably enjoy your leisure activities.

HOW CAN I PREVENT BACK PAIN OR SCIATICA WHILE GARDENING?

Gardening offers the opportunity to experience the outdoors while working on your green thumb. However, it is important to take the necessary steps to protect your back from injury while gardening. Below are 3 tips for pain-free gardening:

1. Warm up first. Much like any other form of physical activity, it is important to warm up before gardening. This is especially important if you enjoy tending to your garden in the morning, as your lower back is the most vulnerable to injury first thing in the morning. It is important for morning gardeners to make sure to walk around, or at least be up and moving, for about 45 minutes before starting any bending or lifting. Adding in some back stretches can also help decrease your risk of pain or injury.

2. Dress for the garden. Gardening requires dressing for the occasion. Weather permitting, it is ideal to wear long pants and long sleeves. If it is too warm to do so, at least make sure you have on protective gloves and supportive shoes. Make sure your shoes cover the entire foot and have a skid-resistant sole.

Wearing shoes with good arch support helps take away some of the strain that gardening potentially causes to your back. Wearing flip flops or sandals potentially increases your risk of slipping, tripping or falling, which can potentially damage your back.

3. Safety First. Choose the right gardening tools to limit the stress on your body:

- The tool should be sturdy but not heavy.
- Choose handles that provide a comfortable grip size. The grip should feel soft and should easily fit into your hand.
- Choose a tool that is efficient at the task it is meant to perform – one that utilizes leverage and is sharp enough to cut.

Protect your back before, during, and after gardening by following these tips:

- Squat or use one knee to support yourself while gardening.
- Keep your spine as straight as possible.
- Use your hips and knees to lift, rather than your back.
- Alternate tasks such as digging, lifting, and walking. This relieves strain on your spine.

How can physical therapy help my back pain or sciatica? While following the above steps, you can greatly decrease your risk of pain or injury; they are not always completely effective. Fortunately, back pain and sciatica are both effectively treated through physical therapy. Our licensed physical therapists will help determine your diagnosis before creating your treatment plan. The main stages of your plan will focus on pain relief, which may include any combination of light exercises, manual therapy, ice and heat therapies, posture improvement, or any other treatment that your physical therapist deems fit.

As you progress and improve, your physical therapist will expand on your exercises and stretches by making them more intensive over time. This will help increase your overall strength and range of motion. We will spend one-on-one time with you on each visit, using hands-on techniques that get the joints, muscles, and nerves moving again. We



will also design a comprehensive exercise and education program to get you back to comfortably doing what you want to do.

A physical therapist can help you move better with less pain, which can make your hobbies and physical activities much easier. A physical therapist can help speed up your recovery by giving you the tools to be successful – we don't just treat your symptoms; we want to empower you to be able to prevent your pain from returning and to live your daily life without fearing discomfort from your back pain or sciatica. **If you are experiencing back pain or sciatica and you are looking for relief, contact FYZICAL today – we'll get you on the road to recovery so you can get back to tending your garden in no time!**

HEALTHY RECIPE PUMPKIN SOUP

INGREDIENTS

- 6 c vegetable stock
- 1 ½ tsp salt
- 4 c pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ c heavy whipping cream
- 2 tsp black pepper



DIRECTIONS

Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

<https://www.allrecipes.com/recipe/9191/pumpkin-soup/>

SCHEDULE AN APPOINTMENT BY CALLING (703) 368-7343

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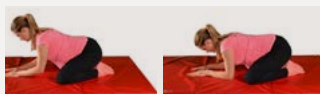
Exercise To Do At Home

Helps Strengthen Core

THORACIC EXTENSION KNEELING PUSH UPS

Kneel on knees with buttock touching heels. Hands and forearms on the ground in front of you. Push up to lift your chest and upper back only.

 SimpleSet Pro
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FUN & GAMES

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2	9			8				3
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<http://1sudoku.com>

n° 23419 - Level Medium



FYZICAL®
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PATIENT SUCCESS SPOTLIGHT

“Three months ago I had pretty debilitating pain. Now on my graduation day, the pain has evaporated. The physical therapists here are always listening, the support staff are friendly and kind. If you ever wonder if physical therapy will help, this is the best facility to do it in.” - **Jade S.**



Schedule an appointment today! **703-368-7343**

DON'T LET YOUR INSURANCE GO TO WASTE



Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered YES, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or completely covered by your insurance plan.

Let us help you get a head start going into 2021, before your deductible renews again!

Do you have any questions? Give us a call and we will put you on the phone with one of our therapists!

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