

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser



The Experts® on Chiropractic Care:



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### Garden Season Is Here

Most of you have got your gardens planted and your flower beds all spruced up ready for the summer...how did it go? How did your back do during all the preparation (raking and lifting) and planting (kneeling and digging)? Achy? Sore? This is only the beginning – there are months of weeding ahead and of course the picking of all your harvest!

Enjoy the garden season by protecting your back:

- 1. Warm Up** – Prepare your body before you do all this activity. Your body is probably use to sitting behind a desk or on the couch...get your blood flowing before you put those muscles to work. Do big movements such as swinging your arms front-to-back or side to side, walking lunges and walking squats. Don't forget to take a bit of time at the end to cool your muscles down
- 2. Use Your Legs** – Bend your knees when picking up and putting down items. Keep items close to your body and ensure your back is as close

to straight as possible. Don't lift and twist. Work Smart...ask for help with awkward or heavy items to reduce the risk of hurting yourself

- 3. Move and Change** – Every 10-15 minutes either change position or alternate a task. Do something heavy and then something light. Do one activity standing and then the next kneeling. Remember to kneel when planting and weeding – bending over for extended periods of time can strain your muscles and joints

- 4. Switch Sides** – Especially when raking switch your hands and your feet position so as to prevent strain on one side of the body

- 5. Use the Right Tool for the Job** - Getting a tool that is comfortable, light-weight, has a padded handle or has spring mechanisms can make the activity easier on you and your body

- 6. Enjoy Your Time** – Take a break, sit back and observe your projects, stretch if you are sore and drink some water. Appreciate your accomplishments by taking brief breaks every half an hour, these will also prevent you from overexerting and straining your muscles

If you perhaps did hurt your back during this planting season or if you do strain it during this summer of weeding and picking, give the office a call; we would be happy to take care of you and your aching back!

**CHIROPRACTIC**  
*Helping you do the things you want to do*



Call 403-529-9069 today  
for a **FREE** consultation

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