

SE HABLA ESPAÑOL



## EXCITED FOR FALL GARDENING? AVOID BACK PAIN WITH THESE TIPS

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.

*(Read more inside...)*

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HEALTHY RECIPE

3 TIPS TO IMPROVE YOUR NUTRITION IN THE FALL



**OPTIMUMPHYSIO**  
THERAPIES

NEWSLETTER

# EXCITED FOR FALL GARDENING? AVOID BACK PAIN WITH THESE TIPS

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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 Optimum Physio Therapies 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.

Continued Inside!

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# AVOID BACK PAIN WITH THESE TIPS



### 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 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 Optimum Physio Therapies today – we'll get you on the road to recovery so you can get back to tending your garden in no time!



## 3 TIPS TO IMPROVE YOUR NUTRITION IN THE FALL

1. **Harvest Your Herbs.** Herbs tend to have higher levels of antioxidants and other phytonutrients than other types of vegetables. So even though we tend to eat them in relatively small quantities, herbs can add a lot of nutrition to foods.
2. **Become A Soup chef.** Getting into the habit of making a big pot of soup every weekend is a great way to improve your nutrition all week long. If you're using a pressure cooker or slow cooker, they also need very little supervision while they are cooking.
3. **Make a New Fermented Friend.** Probiotic foods help to promote the growth of helpful bacteria in your gut. Good gut bacteria can aid in digestion, nutrient absorption, and help you maintain a healthy weight.

# EXERCISE ESSENTIALS

## SUPPORTED BRIDGE

Lie on your back with knees bent and feet hip distance apart. Place your feet close enough so they can be touched by your finger tips. Inhale and lift the hips, place a block under the sacrum. Keep the chest open. Hold for 30 seconds and repeat 10 times.



## LUMBAR SEGMENTAL EXTENSION

Stand with good posture. Find a neutral spine. Bend backwards in a very controlled manner. Think about moving joint by joint. Do not push into pain. Return to start.



## PATIENT HIGHLIGHT

Congrats to Bill, Taryn, and Kenzley for the addition to their family, Max Atlas. We wish them health and happiness.



## DRY NEEDLING

Dry needling involves insertion and repetitive manipulation of a "dry", solid filament needle in a trigger point in order to produce an involuntary spinal cord reflex, also known as a local twitch response (LTR). This results in lasting muscle relaxation due to the release of shortened bands of muscle fibers for overactive (tight) muscles or the activation of under-active (weak) muscles. Deactivation of the trigger points can bring immediate relief of symptoms, so the therapist can immediately train the muscles to work with the newly gained pain free range of motion (ROM).

## HEALTHY RECIPE

### OKTOBERFEST SNACK BOARD



- Big Soft Pretzels
- Bavarian Bratwurst –
- vPastrami slices
- Cambozola Triple Cream Soft Ripened Blue Cheese
- Muenster cheese
- Old Amsterdam Aged Gouda
- Blue Stilton cheese
- Pub Cheese – cheddar spread
- Bacon Cheddar Ranch Dip
- Sauerkraut w/pickled cucumbers
- Pretzel Slims
- Cheddar CheeseSticks crackers
- Grapes
- Apple slices
- Pear slices
- Cornichons – mini pickles
- Cut Beets in vinaigrette
- Dried Apricots
- Dried Cherries
- Candied Pecans
- Honey Pale Ale Mustard
- Whole Grain Dijon Mustard
- Apple Cider Jam

Start by baking the pretzels and cooking the bratwurst. While they were cooking, I scooped the pub cheese dip and bacon cheddar ranch dip into small serving bowls and placed them on the board. Then I put the mustards and apple cider jam in little serving bowls on the board. I put the cornichons, sauerkraut and beets in mini jars on the board as well. Next, I placed the cheeses in four different spots and the grapes in three different spots on the board. I arranged some pretzel slims in the upper left corner of the board and then some in the bottom right corner of the board. I put the cheesestick crackers in the upper middle of the board. Once the pretzels were done baking, I arranged them down the middle of the board. I sliced the cooked bratwurst into thin slices and put them near the sauerkraut. I put the pastrami between a soft pretzel and the gouda cheese in the bottom right corner of the board. I sliced the apple and pear into thin slices and placed them in various spots across the board. I then filled in the rest of the board with the dried apricots, dried cherries and glazed pecans.

Recipe courtesy of: [www.thebakermama.com/recipes/oktoberfest-snack-board](http://www.thebakermama.com/recipes/oktoberfest-snack-board)

## ABOUT US

Our mission at Optimum Physio is to bring an excellent clinical experience through new therapies, community awareness and education. An excellent clinical experience through new techniques, tools, and innovative approaches to facilitate the natural healing of the body. Education to our patients and community through local events, educational workshops, publications of articles and books so to empower the people to make better health choices.

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GET STARTED  
WITH OUR  
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exercise program and  
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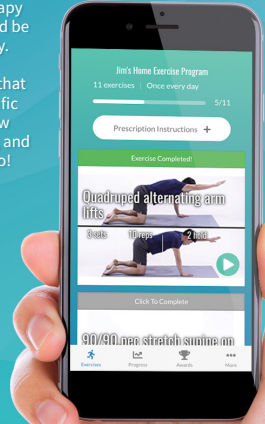


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At Optimum Physio Therapies, we go beyond traditional physical therapy to redefine your expectations and be available every second of the day.

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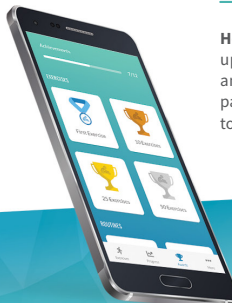
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**How do I access?** Once your provider sets you up with a Home Exercise Program, you'll receive an email with a setup link. Click that link to set a password. Log in with your email and password to start accessing your exercises!



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# FEATURED TREATMENTS

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## THE MIRACLE WAVE®

Acoustic Pressure Wave Therapy (APWT) has been The Miracle Wave Indications Blue Manused in the medical industry for decades (especially among Veterinarians in the US and healthcare professionals in Europe and Canada). Just recently AWT was recognized as an effective, therapeutic solution for application on the human body as well. The Miracle Wave® technology shows beneficial results in helping and aiding minor musculoskeletal aches and pains, while temporarily increasing local blood circulation.

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## LASER THERAPY

Laser Therapy from LightForce offers a powerful new solution for numerous painful conditions previously refractive to traditional medical care. Laser Therapy is a highly effective alternative to traditional therapies such as cortisone injections and many times even surgery for a wide range of problems. Patients can feel a profound sense of warmth with each LightForce Laser Therapy treatment as it works to provide penetrating laser light energy deep into the body to reach damaged cells and tissues. Results are typically faster than many other therapeutic modalities. Improvement can often be seen after the first treatment.

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## CUPPING

Cupping can sometimes be described as a "tissue distraction release" technique. During the cupping process, the cups are glided across different areas of the body in order to lift and separate tissue. This works to enhance the release of the interfaces between the neural tissues, fascia, skin, ligaments, muscles, and tendons. It relaxes muscles, releases trigger points, improves lymphatic flow, increases local circulation, and releases scar tissue adhesion. Evidence supports cupping as an effective treatment method for several conditions, such as chronic neck pain, low back pain, and fibromyalgia.

**GIVE US A CALL TODAY TO LEARN MORE!**

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