

Everything you need to know each month from Optimal Health

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Grow Your Garden Without Breaking Your Back



Now that Mother's Day (the traditional "go" day to start our planting in Colorado) has come and gone, most of us have gotten started on planting our gardens, landscapes and flower pots. I also think a lot of us are spending more time in our yards and gardens especially right now with restricted access to other recreation, so it is important to keep in mind a few things to keep our backs from getting sore.

Gardening and landscaping require the body to bend multiple times repetitively. I have seen many times over the years a healthy person injuring their back by pulling weeds for too long. Usually this process tightens the hamstrings from the repetitive bending and causes the pelvis to become misaligned. Another common problem is twisting while bending, this often leads to injury by putting the back in the most vulnerable position possible.

Here are some tips to prevent injury while gardening and working in the yard this summer:

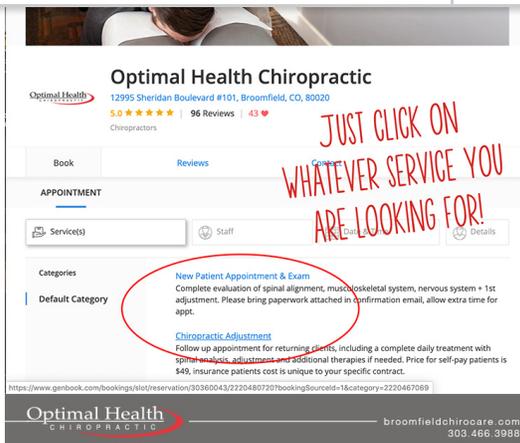
- Staying hydrated is even more important here, because we live in a very hot, very dry, climate. The more hydrated your body is, the healthier your muscles, ligaments and vertebral discs will be. Aim for half your body weight in ounces per day, more if you are being more active.
- Taller flower pots, raised garden beds and hanging baskets can all decrease both the amount of weeding necessary and the amount of bending involved. It also decreases the angle at which you have to bend to reach your plants and beds.
- Use long handled tools, when possible, to reduce bending. Use a hose or smaller watering can so you do not have to carry a 2 gallon can of water around the garden.
- Don't do everything in the same day, spread the work out. Or do some work in the morning and some in the evening split it up to decrease the strain on your back.
- If things start to become painful take a break. Pain is the signal to your body that something is wrong. If you stop when you feel discomfort, you are less likely to have more significant pain later.

And, as always, if you do overdue it, I'm here to help!

- Dr Chris



Call Us If You Have Questions



Schedule Before Coming In

Our Office is Following All Guidelines to Practice

We recognize that this is a time filled with a lot of questions about how businesses are handling the extra precautions needed to be taken right now to be open safely. We want you to know that we are following all guidelines and procedures outlined, but if you have ANY questions about any of our processes, please give us a call! We are more than happy to walk you through any questions you may have and help ensure you feel comfortable coming in for your adjustment.

Be Sure to Schedule Before Coming In

As part of our guidelines for being open right now, we are required to have patients come in at scheduled appointment times in order to have proper time to clean and prepare for our next patient. We're asking everyone to come in at their appointment times in order to maintain an open waiting area. We are always happy to reschedule an appointment for you if something comes up, never hesitate to reach out. This has been extremely helpful for us and we appreciate everyone who has been doing this already!



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