



ERGONOMICS CAN MAKE YOU A BETTER GARDENER

WITH A FEW SIMPLE TIPS, BOTH YOU AND YOUR GARDEN WILL THRIVE THIS SPRING!

If you're a gardener, you're probably already planning your garden for the season. But as you select which seeds to plant or design a new flower bed layout, are you also worried about the aches and pains that can come with gardening? Don't worry, OSR Physical Therapy is here to help you develop an ergonomically sound approach to your gardening practice.

Ergonomics examines how our workspaces can be redesigned to better suit the people who use them. While we often associate ergonomics with offices and other job sites, these principles are also important to keep in mind when it comes to hobbies, especially physical ones like gardening.

If you want to avoid pain, strain, or general discomfort in your garden this spring, call OSR Physical Therapy to schedule an appointment to learn more about ergonomics for the garden!

What are ergonomics?

Ergonomics is a scientific field focused on how safely and effectively humans interact within products, systems, and environments.

When it comes to gardening, you can apply several ergonomic principles to your practice that will ensure you work smarter, faster, and healthier. Ergonomics can help you avoid injury and feel more comfortable while you work, ensuring you can spend as much time in your garden as you'd like.

The team of experts at OSR Physical Therapy can work with you to provide personalized tips, adjustments, or modifications to your gardening practice. We'll make sure you're gardening in the most ergonomic way possible!



Call OSR PT at
602.607.4950
Today!



6 Tips For Applying Ergonomics To Your Gardening

While ergonomics is a complex field of study, you can make several simple changes to help your garden safely and effectively.

- 1. Warm up before you start:** Have you ever done any warm-up activities before working in your garden? Many people don't, even though gardening is a physical activity like jogging or biking! Before you begin a gardening session, spend a few minutes doing warm-up exercises. Our experts can help you determine which ones will work best for you.
- 2. Be mindful of posture:** One of the most common gardening-related impairments is back or neck pain, which can be caused by hunching over as you plant flowers or pull weeds. When doing this kind of work, avoid rounding your back and take frequent breaks to stand up, stretch, and walk around for a few minutes— a perfect opportunity to admire your progress!
- 3. Avoid overreaching:** Overreaching can be another cause of gardening-related injury. Store all of your gardening tools at a comfortable height so you can easily fetch them. When planning your garden's layout, ensure that everything you'll need to do, from pulling weeds to harvesting that perfectly ripe tomato, is within a comfortable arm's reach.
- 4. Choose the correct tools:** Select equipment that's the right size for your hands and height. For example, digging with a trowel too small for your hands can cause hand cramps or even injury. When buying

rakes, shovels, clippers, or other yard work tools, try them out first to see if they feel comfortable. Similarly, be mindful of your grip when working—don't clench those tools too tightly!

- 5. Use proper lifting techniques:** Gardening can involve a fair amount of heavy lifting. Whether it's a big bag of soil, the potted rose bush you started in your greenhouse, or the lawn mower you need to drag out of the garage. Make sure you're lifting with your legs rather than your back, and try to avoid twisting as you lift.
- 6. Think outside the garden bed:** If you're struggling in the garden, consider switching up the garden layout itself. Square foot gardening is designed to eliminate over-reach (and help plants grow more efficiently), and raised beds are an excellent way to avoid kneeling or hunching as you work.

How OSR Physical Therapy can help you in the garden

Our team of experts is here to help you design an ergonomically sound gardening practice. We'll work with you to determine specific exercises and approaches to address your needs and concerns. At OSR Physical Therapy, we want to see you flourish as much as your garden. Call us for an appointment today, and we'll help you plant the seeds of health this spring—so you'll be injury free come summer!

Sources: <https://ijmp.m.modares.ac.ir/article-32-52968-en.html> • <https://www.sciencedirect.com/science/article/abs/pii/S00036870000034X> • <https://ors.od.nih.gov/sr/dohs/HealthAndWellness/Ergonomics/Pages/spine.aspx> • https://www.researchgate.net/profile/Jeffrey-Fernandez/publication/292157971_The_Application_of_Ergonomics_Principles_in_Groundskeeping_Tasks

At-Home Exercise

Stretches Wrists

WRIST EXTENSOR STRETCH

Sit up straight in a chair and raise one arm out straight in front of your with your palm facing the ground. Bring your other hand over top of your palm and lightly press your hand down so you bend at the wrist. Continue pressing until you feel tension in your forearm behind your wrist. Hold as directed by your provider.



Always consult with your physical therapist or physician before beginning an exercise you are unsure of.

Get Rewarded For Helping Us Help Others!



Refer a friend for a chance to Win A Weekend Getaway!

Each time you refer a friend or family member you are entered into our quarterly drawing!

Thank You!

Share this newsletter with a friend and help them find relief from pain!

Healthy Recipe: Kachumber Salad



- Ingredients:**
- 1 small onion finely chopped
 - 2 medium tomatoes chopped small
 - 1 large cucumber chopped
 - 4-5 red radishes chopped
 - 1 green chili finely chopped
 - 1/4 c chopped cilantro
 - 1/4 tsp or more salt
 - 1/4 tsp ground black pepper
 - 1/4 tsp or more cayenne pure red chili powder
 - 1 tsp freshly squeezed lemon juice

Here's how to make it:

Chop the onions, tomatoes, cucumbers, radishes, wash and drain well then add to a bowl. Add the veggies and the rest of the ingredients to a bowl. Taste and adjust salt and heat. Serve.

<https://www.veganricha.com/kachumber-salad-cucumber-tomato-onion-salad-recipe/>

Success Spotlight



I went to OSR to rehab both hips that I had replaced. The staff and especially my PT Gretchen were awesome to work with and always upbeat and friendly. Most people I speak with dreaded going to PT post surgery, but I actually looked forward to it. Gretchen and company pushed me just the right amount and I was willing to work extra hard because they motivated me to do so. I would not hesitate a second to recommend OSR for your PT needs. Terrific place to go for your rehab needs. All the staff is excellent, upbeat, and friendly. Did I repeat myself? Yes because it's worth repeating. They know their stuff !!

— Bruce

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Ka-Pow Run

Our Gilbert Team participated in the Town Of Gilbert's Super Hero Ka-Pow Run in April. We provided free screens and guidance on pain relief to more than 600 of our local Gilbert community members that morning. We also managed to squeeze in a little fun... because we're good at that too!



Follow Us On Social Media

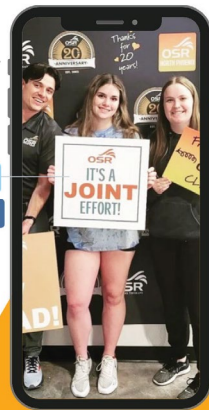


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**Make the choice to level up your
health. Call 602-607-4950!**



HEALTHY RECIPE: KACHUMBER SALAD

Find The Recipe Inside



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HOW ERGONOMICS CAN MAKE YOU A BETTER GARDENER



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IT'S EASY TO REQUEST AN APPOINTMENT!

Need to see a physical therapist for relief? Scan the QR Code to request an appointment today!



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