



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

NEWSLETTER

PERFORM BETTER, RECOVER FASTER, STAY IN THE GAME

MARCH 2023



NIP PAIN IN THE BUD THIS SPRING!

INSIDE:

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- 8 Spring Break Travel Tips for Families
- Help Us Help Our Community





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It's the time of year, where there is snow on the ground. Yet the wheels are turning in many gardeners' minds as they prepare for the upcoming spring season. Is a current injury or risk of injury hold you back from gardening this year? At Leaps & Bounds, our therapists are movement experts who can help you recover from an injury and even show you how to avoid one in the first place.

The impending springtime comes with a renewed sense of energy and drive to help your reach your fitness goals! After a long winter of being stuck inside, it's more important than ever to stay on top of your health and make sure you're engaging in physical activities.

Gardening is an enjoyable way to get active, especially in the spring! Nothing beats the smell of blooming flowers, fresh air, and warm sunshine.

Not to mention, the mental and emotional benefits are just as important as the physical ones.

However, at Leaps & Bounds, we understand that the fear of injury can prevent you from initiating the steps needed for a healthy and active lifestyle, especially if you've been injured in the past. If you need an extra push to get ready to engage in your favorite springtime activity, physical therapy can help. Request an appointment with

Leaps & Bounds today to learn more about how we can help with injury prevention and recovery this spring!

HOW GARDENING MAY CAUSE BACK PAIN

Back pain typically develops due to an injury, poor postural habits (not the positions themselves, but rather staying in them for long periods of time), or repetitive movements like bending. This is why back pain is so common with spring gardening. The repetitive bending, digging, and reaching needed for gardening will often lead to lower back pain.

Although it is not often viewed this way, gardening is similar to a sports season. Just like athletes need to train in the offseason to have a productive, competitive season, gardeners need to learn how to prepare for their season. Fortunately, our therapists can help you resolve injuries, old and new, and teach you how to get into "gardening shape" for the upcoming season.

3 WAYS TO PREVENT BACK PAIN WHILE GARDENING

Gardening offers the opportunity to experience the outdoors while working on your green thumb. However, it is essential to take the necessary steps to protect your back from injury while gardening.

Contact Us For Your Appointment Today! (905) 847-5227 • info@leapsandbounds.ca



GET THE MOST OUT OF YOUR SPRING WITH LEAPS & BOUNDS

Below are three tips for pain-free gardening:

1. Warm-up first.

Like any other physical activity, it is crucial to warm up before gardening. Morning gardeners need to make sure to walk around, or at least be up and moving, for about 45 minutes before starting any bending or lifting.

2. When in doubt, stick your butt out!

One of the most common mistakes gardeners make is with their technique. Your back is incredibly strong and resilient when you maintain its natural curves. In the lower back, the curve you need to maintain is called lordosis. When you stick your butt out, you will naturally increase the curve, a.k.a lordosis, and protect your back from injuries. Whether you are working with a shovel, rake, or spade, it is vital to keep your curves intact. Also, when bending to pull weeds, it is better to kneel or squat so you can maintain the straight spine position and protect your back.

3. Prioritize your safety.

You can take simple steps to ensure you are safe while gardening. The most important include:

- Take frequent breaks or alternate tasks such as digging, lifting, and walking. Adding in some simple backbends before starting can also help decrease your risk of pain or injury.
- Choose the right gardening tools to limit the stress on your body
- Use your hips and knees to lift, rather than your back.

With our team of talented movement experts, preparing for the gardening season this spring can be enjoyable. Our therapists are here to help make sure you can do what you love!

WHAT TO EXPECT IN PHYSICAL THERAPY

Fortunately, physical rehab (or prehab) can effectively treat and/or prevent back pain. Our therapists will determine the source of your pain and then create a plan to resolve it once and for all. Your treatment plan will focus on pain relief, which may include any combination of exercises, manual therapy, postural recommendations, or another treatment modality that your therapist deems fit.

As you progress and improve, your therapist will expand on your exercises and stretches by making them more challenging over time. Our goal is to get the joints, muscles, and nerves moving again, and then build strength on top of that so that you have the capacity to do what you ask of them. We will also design a comprehensive exercise program that is manageable for you to do at home, and really goes a long way to get you back to comfortably completing your physical goals!

CONTACT LEAPS & BOUNDS TODAY TO GET STARTED!

Are you excited to participate in this year's spring gardening season? At Leaps & Bounds, our therapists want to empower you to prepare for this activity with a program tailored to your individual needs! Whether you need tips on how to prevent injury, or need help healing from old aches and pains, we are here to help. Contact us today to set up an appointment with one of our therapists!

Stop Living With Pain— We Can Help! Call Us Today!
(905) 847-5227!

**HELP US HELP
OUR COMMUNITY!**

This month we will be raising money for [Türkiye & Syria Relief Fund!](#) We will donate \$10 for every Google review we receive!

CLICK HERE

DO GOOD — LEAVE US A REVIEW TODAY!

**LET'S GET
SOCIAL!**

Follow us on Facebook, Instagram, and Twitter to get the most up-to-date information about what's going on at LABs Rehab!



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8 SPRING BREAK TRAVEL TIPS FOR FAMILIES

- 1. Choose the right destination for your family.** Discuss ideas for travel destinations and what to do during your free time; be sure each person has something to look forward to on the trip. All-inclusive resorts are a great option, with activities for kids, spas for parents, and beaches and pools for the whole family to enjoy together.
- 2. Stick to your budget.** Don't blow your annual vacation budget in March or April if you plan to escape in the summer! Also allot a separate amount of money for the inevitable splurge purchases.
- 3. Take advantage of travel deals.** Research the hotels and resorts in the area to which you'll be traveling, and compare prices. Oftentimes, simply booking your accommodations in advance can save you big money.
- 4. Pack the essentials.** Be sure to ask what toiletries and other products are provided before packing your bags.
- 5. Protect yourself and your home.** Do not state that your home is vacant during your trip. Instead, tell trustworthy friends and family that you'll be traveling, and ask them to visit your house once or twice to ensure there is no suspicious activity.
- 6. Travel on less popular days.** Airline costs are higher and traffic is heavier on the weekends. Opt to travel midweek if you can.



- 7. Make reservations for special experiences.** Many attractions allow you to buy tickets online beforehand (usually at a discounted price). If you have plans to dine at a popular restaurant, make reservations at least a month or more in advance.
- 8. Keep the kids on a routine.** Don't get too far away from your daily habits while traveling. Bedtimes should obviously be extended, but don't over do it or falling asleep on school nights will be tough once you're back at home.

PATIENT SUCCESS SPOTLIGHT



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"Had an amazing recovery journey here with Prab, very professional and fun to chat with. With his help my back pain went away steadily as he provided effective instructions on strengthening my own muscle. It was much more helpful in the long run compared to a few other places I've visited, as Prab helps his patients to work on getting their bodies stronger and providing more support, instead of just relaxing and stretching the muscle. Highly recommend visiting if you have any physical pain."

— Yaya P.

