



NEWSLETTER

Your #1 Resource for Greater Health and Wellness



*Don't Let Shoulder Pain Keep
You From The Garden*

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WE CAN HELP YOU GET READY FOR SPRING GARDENING!

Are you looking forward to getting back outside in your yard after a long winter? Do you worry that with gardening comes more aches and pains? At First Colony Aquatic & Rehabilitation Center, we can help guide you through steps to prevent injuries and enjoy the season.

Springtime is here, and with it comes rekindled energy to get started on your garden, but first, you may need to resolve old injuries! After being stuck inside for months, now more than ever, it's essential to make sure you resolve old injuries and get your body ready to prevent new injuries. Gardening and yard work are a great way to get outside and take advantage of the fresh air, but it can also put a strain on your shoulders and/or upper back. It's essential to take the necessary steps to protect yourself from injury during gardening. Whether you're experiencing general back pain or shoulder and neck pain, our physical therapists at First Colony Aquatic & Rehabilitation Center are

trained in helping alleviate your discomfort. We will provide you with helpful tips for avoiding pain while doing yard work and gardening, so you have a great spring!

COMMON INJURIES FROM GARDENING

Gardening and yard work usually requires bending over or getting down on your hands and knees in the dirt. The physical demands of keeping your yard and garden in tip-top condition often lead to aches and pains in the upper back, neck, and shoulder regions.

Due to the nature of yard work and gardening, the way you hold your body (i.e., posture and body mechanics) and the repetitive movements lead to common overuse type conditions that can interfere with your enjoyment of working in your yard and/or garden.

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SOLVE YOUR SHOULDER PAIN WITH PHYSICAL THERAPY

The most common problems in the shoulder are mainly due to the repetitive nature of raking, shoveling, mulching, pruning, and pulling weeds. Like an athlete needs to train in the off-season, gardeners also need to prepare themselves for their season. Too often, people neglect to prepare through the winter months and go from no work to hours of work every day for weeks at a time.

Another familiar problem gardeners face is upper back/neck pain associated with prolonged positions and repetitive movements. Our spine was designed to move and change postures.

Unfortunately, gardening and yard work often leads to awkward postures and/or repetitive movements with poor body mechanics, leading to upper back and neck pain. Falls and stumbling often led to acute injuries to the shoulders and arms. Falling on an outstretched arm may result in an injury to the rotator cuff, the shoulder joint, or even a fracture to the bones that make up the shoulder joint.

Physical therapy can help you relieve any shoulder pain or upper back/neck pain you've been dealing with throughout the winter months. Our physical therapist can identify the nature of your injuries and how to resolve them. We can make sure you're moving better and strong enough to ensure you can spend time outside tending your yard, shrubs, flowers, fruits, or vegetables.

Getting outside in nature and getting your hands dirty is beneficial to physical health and mental and emotional well-being. For some, injuries interfere with the ability to enjoy these benefits. Our team of physical therapists understands the demands of yard work and gardening, and we will provide you with solutions to your aches and pains so you can get back and keep you enjoying what you love to do!

WHAT TO EXPECT FROM FIRST COLONY AQUATIC & REHABILITATION CENTER

Our physical therapy sessions start with an injury assessment, no matter the condition or reason for getting started. This includes a thorough evaluation with details about past injuries, current injuries, health history, and specific goals you are trying to achieve.

We provide comprehensive treatments that include resolving injuries, injury prevention programs, and gardening-based exercise programs to achieve your particular goals. Our first step will be to educate you on identifying your natural posture and proper body mechanics to ensure you protect your spine from the common injuries associated with gardening. By finding your natural posture, you can counteract the prolonged positions and poor body mechanics you use while working in your yard and garden.

A simple tip for finding your natural posture starts by lifting your breast bone (i.e., sternum) towards the sky. This will naturally cause your spine to straighten out, which will lift you into your natural posture—maintaining your natural lower back posture (i.e., lordosis). At the same time, lifting ensures proper body mechanics and minimizes your risk of injury. Strength training is crucial for recovery and injury prevention. Lifting weights and training the muscles help keep your body strong and capable of handling gardening demands. Working on the upper back and core muscles helps protect and control your spine. No matter what you are dealing with, our team knows how to help!

REQUEST AN APPOINTMENT TODAY

First Colony Aquatic & Rehabilitation Center offers many therapeutic methods to help gardeners participate in what they love most! Call today if you'd like to resolve old injuries and prepare yourself for a great gardening season this spring!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6334070/>; <https://www.mdpi.com/1660-4601/17/10/3584>; <https://doi.org/10.13653/4>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3880128/>

GET STARTED ON YOUR RECOVERY TODAY!
CALL SUGAR LAND AT **281.226.9802** OR
ROSENBERG AT **281.559.7429**.



FirstColonyAquatic
and Rehabilitation Center

EXERCISE ESSENTIALS

UPRIGHT ROW

Standing with good posture, lift the weights to shoulder height and then lower them down in a controlled manner. Repeat ten times for three sets.



OVERHEAD PRESS

Standing with good posture hold two weights at your shoulders, then push your arms up keeping them in line with your shoulders. Repeat ten times for three sets.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

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HEALTHY RECIPE

FILET MIGNON



INGREDIENTS

- Filet Mignon
- Your favorite seasoning (I highly recommend Webber gourmet burger seasoning)
- Finish with Land-o-Lakes whipped butter melting over it the last 1-5 minutes on the grill.

INSTRUCTIONS: Grill over charcoal to rare to medium temperature. Add potato or rice if you like. Add some vegetables/salad if you must. Or just eat it by itself! Leave the table full, happy, and knowing you are supporting American farmers and ranchers... unless you imported Kobe. In which case we are jealous.

STAFF SPOTLIGHT

KAMILLE ROBINZINE, OFFICE ADMINISTRATION – SPORTS THERAPY CENTER

I was born and raised in Dallas/Fort Worth, Texas. I grew up mainly playing basketball, hoping to go to the WNBA when I grew up, until my dad (a former 400m Olympic runner) got me into running track and it became my favorite sport to participate in. After an injury resulting in me pulling both my hamstrings, I was introduced to PT and athletic training and became interested. So, upon graduation in 2016, I attended college here in Houston at UH and obtained my Bachelor of Science in Kinesiology in 2020, all while continuing to run track as a student athlete and becoming a member of Delta Sigma Theta Sorority, Incorporated. Now, since working here at FCAR/STC, I've been focusing on preparing for PT school and possibly also to get certified for athletic training as well. In my free time, I enjoy watching tv/movies (I'm a big DC/Marvel Superhero fan), playing video games, hanging out with friends, and although I'm an introvert I like dancing as well. I also come from a very artistic background as well so I've always enjoyed painting and drawing.

LEARN MORE ABOUT OUR STAFF AT SUGARLANDPT.COM

