



Duchy Chiropractic

Go Well Stay Well

April 2023

Welcome to our April newsletter!

Spring in to Spring!

Spring is officially here which means the good weather is just around the corner!

With it comes more sunlight and longer days! It's time to start thinking about getting back out into the garden. This can lead to an increase in back injuries and issues. If you are a gardener keen to get to work now that it's warm, it is important that you take measures to look after your back. Make sure you keep a spring in your step by following these simple tips whilst gardening.

Warm-up before you start:

Gardening can be a real workout, warming up your muscles first is a good idea. Try a short brisk walk and some gentle stretching exercises. Stretching should target your back and core, shoulders and arms and leg muscles.

Good Gardening Posture:

Keep your back straight and try to work within comfortable reach of your body. Focus tasks as much as possible in the area between your knees and shoulders and within arms length. The further you reach from your body, the bigger the force your body will be subjected to.

Digging:

Make sure to avoid twisting motions. Always position yourself so that the shovel is in line with your body.

Minimize repetitive actions:

Try and spread out your gardening work over a few sessions. Any task performed for too long can cause poor posture and put strain on your back. If you're working on something that requires you to be bent over, switch every 30 minutes to an hour to an exercise where you're standing up.

Lift with support:

Lifting heavy pots, bushes, and full watering cans without proper back support can injure the discs, muscles, and/or ligaments in your back. To lift in a supported manner, begin by squatting, and not bending at your waist. Use both hands to hold the object, keeping it close to your body, and slowly straighten your legs as you stand. Use a wheelbarrow where you can, to carry loads more safely. If something like a watering can or bag of garden waste is heavy, only fill it up halfway and do multiple trips rather than risk straining your back.

Get support from kneelers:

Getting down on the ground and then standing back upright can be painful. Heavy-duty kneelers, especially those with raised, padded handles can help you get up and down, allowing you to use your arm strength to aid in the process.

Top Tips!

Kneelers usually include a cushioned base to reduce stress and impact on your knees and back. Many kneelers also convert to a low chair which is also useful.

Switch often:

Avoid repetitive-motion injuries by dividing up each task into sections that allow you to switch activities and posture frequently. Weed one area and then stand up and water it before weeding again.

Bring the plants to you:

Planting a raised garden bed this will bring the work closer to you. Be sure to use tools that are the proper length for the job.

Remember to take regular, well earned breaks and keep hydrated. If you find that you are feeling sore, it's probably a good time to stop the activity and rest!

Top tips to maintain a healthy back when gardening...

- H**ave the right tools for the task at hand.
- E**nsure you drink plenty of fluids.
- A**lternate between light and heavy jobs.
- L**ift correctly.
- T**ake frequent breaks.
- H**eavy loads should be shared.
- Y**our feet should be protected with thick soled supportive shoes.
- B**efore you start, warm-up your muscles.
- A**void muscle strain, learn the right techniques.
- C**hange positions frequently.
- K**neel to plant and weed.
- S**pinal check-ups can help keep your back healthy.



Exercise For Bone Health...

Our bones become more brittle as we get older, making them more prone to fractures and breaks.

Fortunately, research has shown that regular exercise can help maintain and even improve bone health especially in later life.

Here are five ways we can use exercise to boost our bone strength.

- **Weight-Bearing Exercise**

Weight-bearing exercises such as walking, running, stair climbing, or dancing are great for maintaining bone health. These exercises force your body to work against gravity, which helps build and maintain strong bones.

- **Resistance Exercises**

Resistance exercises, such as weight lifting or resistance bands, help increase bone density and are vital for preventing falls and fractures in older adults.

Focusing on proper form while doing these exercises is essential to prevent injury.

- **Balance Training**

Balance training is vital as we age since it helps prevent falls and other injuries that can occur due to poor balance or coordination. Balance training can involve standing on one foot or walking heel-to-toe across a line on the floor for ten steps at a time.

- **Aerobic Exercise**

Aerobic exercise helps strengthen the heart and lungs, which is essential for keeping energy levels so you can stay active throughout the day.

- **Flexibility Exercises**

Flexibility exercises like stretching or yoga help keep joints flexible and reduce stiffness that often accompanies ageing. Even 5-10 minutes per day will provide a benefit when it comes to maintaining joint flexibility.

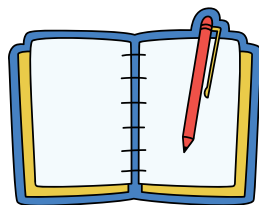
Clinic News...

Easter Opening hours...

The Clinic will be closed on:
Friday 7th April &
Monday 10th April

Normal opening hours on
Saturday 8th & Tuesday 11th April

Wishing all our patients a
Happy Easter, hope you all have a
"Cracking" time!!
The Duchy clinic team xx



Fun Fact!

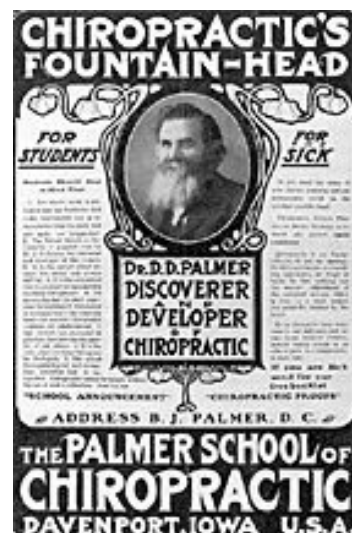


Your fingers are capable of feeling objects as little as 13 nanometers...
If your fingers were the size of Earth, it would be possible for you to feel the difference between cars and houses!

Chiropractic History

Did you know?

In 1897, D.D. Palmer opened a school to teach his methods. In 1898 Palmer took on his first chiropractic student, a physician, William Seeley, MD. That first year there was one student, in 1899 there were three and in 1902 four students. The course was six months in duration and cost \$500. Among those four students in 1902 was D.D.'s son Bartlett Joshua Palmer (BJ).



Advertisement appearing on the rear cover of the first issue of *The Chiropractor*, December 1904.

