

MANGIARELLI REHABILITATION



IN THIS ISSUE

**SPRING
GARDENING
INFOGRAPHIC**

**CORE
STRENGTHENING
DURING
PREGNANCY**

**ACL
REHABILITATION
AFTER SURGERY**

**PARKINSON'S
AWARENESS
MONTH**

Spring Gardening Infographic

With the start of warmer spring weather, many of us are getting out in our gardens, weeding, raking, and preparing for planting.

Gardening has numerous health benefits, such as building strength, promoting sleep, boosting your mood, and getting quality sunshine and Vitamin D.

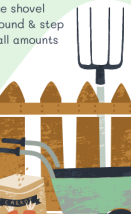
However, gardening does place stress and strain on joints and muscles when digging, planting, weeding, mulching, and raking. The knees, shoulders, back, and neck are particularly vulnerable to strain and injury when gardening.

Check out our 10 tips to minimize strain and prevent injury when gardening this spring!

10 Spring Gardening Injury Prevention Tips

While gardening has many health benefits, it also is a physically demanding activity that can place strain and stress on your body. Check out our tips to prevent injury!

1. **WARM UP**
Do a 10 minute stretch & muscle warm-up before gardening to loosen your muscles and joints and decrease the risk of straining a muscle.
2. **EASE INTO GARDENING**
Don't overdo it with a 3 hour initial gardening session. Invest twenty to thirty minutes of gardening at a time and add more time as your body gets used to the demands of gardening.
3. **VARY YOUR GARDENING TASKS**
Avoid staying in one position for too long and overworking certain parts of your body. Alternate weeding & digging with watering and harvesting.
4. **USE PROPER LIFTING TECHNIQUE**
Lift using your legs, not your back. Keep the object close to your body and do not twist or strain your low back. When moving a heavy item, think push-pull-carry.
5. **USE & MAINTAIN GARDENING TOOLS**
Use wheelbarrows, tarp, carts, and ergonomic tools. Maintain your tools by sharpening dull blades and use long-handled tools with easy to grip handles.
6. **AVOID BENDING YOUR WRIST UPWARDS WHEN USING TOOLS.**
Keep your wrist straight and use your shoulder muscles to pull and lift to reduce wrist strain.
7. **ALTERNATE KNEES WHEN KNEELING OR USE A GARDEN STOOL.**
Kneeling on both knees can cause knee and back pain. Kneel on one knee with the other foot on the ground and alternate.
8. **USE CORRECT TECHNIQUE WHEN DIGGING OR SHOVELING.**
Insert the head of the shovel vertically into the ground & step on the blade. Lift small amounts of dirt at a time.
9. **COOL DOWN & STRETCH AT THE CLOSE OF YOUR GARDENING SESSION.**
Stretch your back, neck, & limbs to prevent strain & cramping. Do a short cool-down walk around the garden.
10. **USE FLOWER BOXES, POTS, & RAISED BEDS.**



Core Strengthening During Pregnancy

On the blog, Mangiarelli Rehabilitation physical therapist and pregnant mom, Sarah, demonstrates 5 core strengthening exercises that are safe to perform during pregnancy.

Building a strong core during pregnancy can help women manage the demands of pregnancy on the body and minimize diastasis recti and other pregnancy symptoms.

Strengthening the core during pregnancy not only helps support the pelvic organs as the baby grows and alleviates pressure on the back, but also can help with the physical demands of labor.

Research has shown that babies born to women who exercise during pregnancy are less agitated, more alert, and better able to handle the stress of labor. Pregnant women who exercise often have easier and shorter labor times and enhanced recovery postpartum as well.

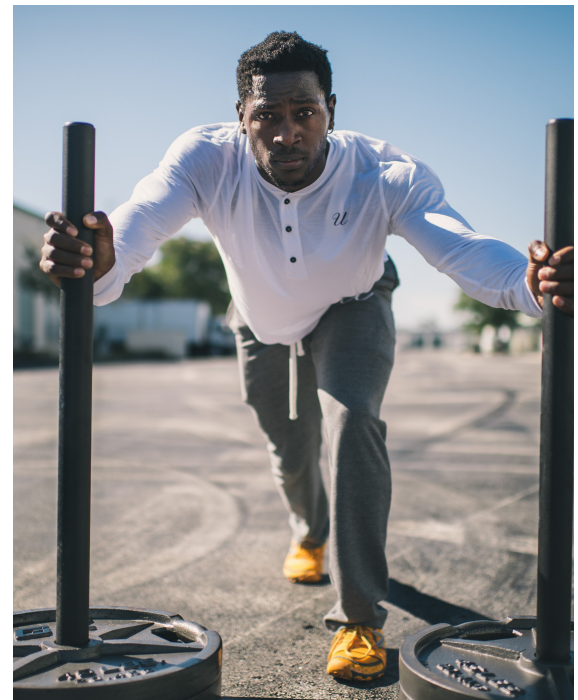


ACL Rehabilitation After Surgery

Working with a physical therapist after ACL injury and reconstruction surgery is essential to regain function, strength, and mobility in the knee and return to sport safely.

The ACL provides stability to the knee and controls complex motion in the knee. It is commonly injured during sports activities when an athlete makes a quick change of direction or speed with the foot firmly planted. ACL injuries are often treated with ACL reconstruction surgery followed by an extensive rehabilitation program.

A physical therapist works with the injured athlete to regain function and strength in the knee before progressing the athlete through a return to sport protocol to ensure a safe return to sport and to minimize future re-injury of the ACL.



Parkinsons Awareness Month

April is Parkinson's Disease Awareness Month. Parkinson's disease is a neurodegenerative condition that can negatively impact an individual's mobility, balance, and gait.

At Mangiarelli Rehabilitation, our physical therapist Bobby works with Parkinson's patients using an innovative therapeutic boxing training program to help patients improve coordination, gait, step width, and stride length in a fun, effective way.

