



Amanda Jordan,
PT, DPT

Q

I love spending time out in the garden, especially around this time of year. But lately it makes my back hurt so bad that I just can't do it. What can I do?

A

Some basic changes that can be made to save your back when working in the yard are actually quite simple. Instead of bending over to pick up those weeds or plant those veggies, try kneeling on the ground or sitting on a stool or 5 gallon bucket. Instead of picking up the bag of soil or wheelbarrow with straight legs, try performing a squat with a flat back; keep that bag close to your body. Also, attempt to change your working position every 15-20 minutes to give your muscles a break and keep your body balanced. A physical therapist can evaluate your general flexibility and strength, as well as examine your movement patterns and body mechanics for any dysfunction which may be contributing to your discomfort while gardening as well as other activities. Call Corvallis Sport and Spine Physical Therapy Clinic at (541) 752-0545 for your preferred appointment today.

Our Email Address info@csspt.com



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2635 NW Rolling Green Drive

Corvallis • Phone: **(541) 752-0545**