

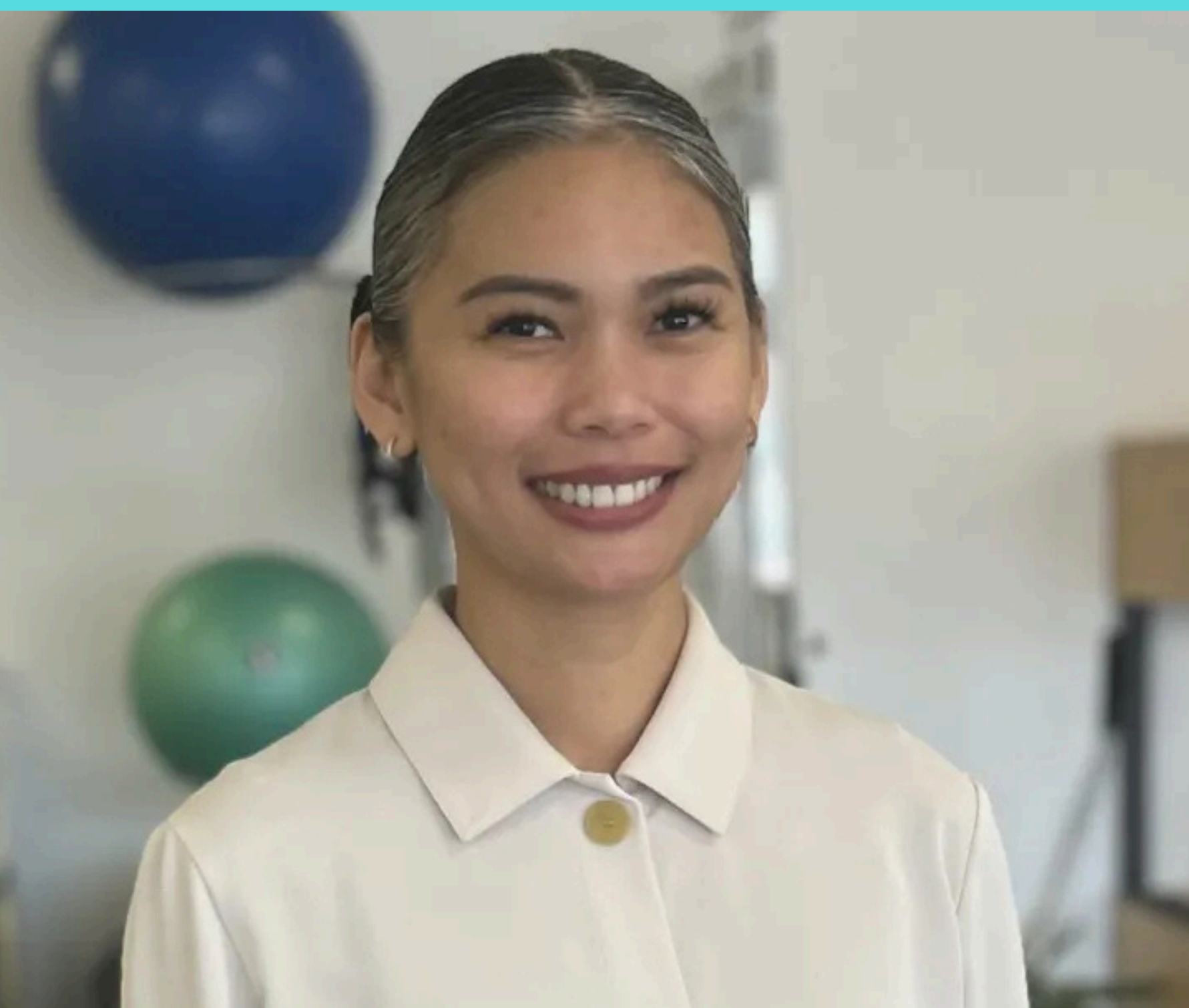
Physical Therapy for People Who Want to Understand Their Body, Not Just Treat It.

Is Your Back Ready for Spring Gardening?



INSIDE:

- Letter from Aime
- Prevent Gardening Injuries – A Springtime Guide
- Success Story
- Events
- Closing Section



Every year around this time, we see the same pattern. People get back into gardening. They feel fine starting out.

Then a few days, or sometimes just one afternoon, later, something changes. The back tightens or certain movements don't feel right. And the same area starts getting irritated again.

At that point, most people assume, "I probably just overdid it." So they rest. Stretch. Maybe use heat or a tool. Then they go right back to it. And the same thing happens again.

Prevent Gardening Injuries – A Springtime Guide

Gardening itself isn't the problem. It's how the body is being used during it.

Here are the most common patterns we see, and what to change:

1. Too much of the same position

Most gardening tasks involve:

- bending
- kneeling
- twisting

The issue isn't doing these. It's staying in them too long.

What to do instead:

- Change position every 10–15 minutes
- Alternate between standing, kneeling, and walking

2. Reaching instead of repositioning

A common pattern:

- staying in one spot
- reaching further and further instead of moving

That's when strain builds up.

What to do instead:

- Move your base frequently
- Keep tools and materials close

Prevent Gardening Injuries – A Springtime Guide

3. Lifting without thinking about load

Bags of soil, pots, tools—it adds up.

Most people don't notice the strain until later.

What to do instead:

- Break loads into smaller parts
- Use carts or buckets instead of carrying everything at once

4. Going from low activity → high activity too fast

For many people, gardening is the first major physical activity after winter. That sudden increase matters.

What to do instead:

- Start with shorter sessions
- Gradually increase time over days—not all at once

5. Treating the same area every time

When discomfort shows up, most people:

- stretch the same spot
- massage the same area
- use the same tools

But if it keeps coming back in the same place...That doesn't always mean that's where it started.

Success Story



“Couldn’t have found a better place for physical therapy at a time when my mom had excruciating mid and low back pain. Aime was very skilled in treating the condition, restoring my mom’s confidence that she would get better, and working on strength. Aime also is incredibly professional and kind. Highly recommend.”

As always, I want to thank our patients that have taken the time to share their experience.

For a small, local clinic like ours, your words carry real weight. They don’t just mean a lot to our team, they help other people find care that truly fits what they’re looking for.

In a space where large corporations spend millions to stay visible, reviews like yours create a different kind of visibility. One built on real experiences, not marketing.

We’re grateful you trusted us with your care, and even more grateful that you chose to share that experience with others.

 ~ Aime

Events

Events We Will Be At

WOW Kickoff Event – Saturday, April 26

The “We’re Out Walking” (WOW) program is starting again. It’s a community-wide walking initiative across Evanston

The kickoff event includes:

- A bounce house - for kids
- Local fitness vendors
- Fitness demonstrations

We’ll be there.

Stop by our booth for:

- Quick chat
- Questions or concerns

If your back, neck, shoulders or knees starts to act up while gardening...exercising... and you want to look at what might be causing it: Call Vanessa and schedule an evaluation.