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A recipe for
Oven Roasted
Asparagus!



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Brostrom *Physical Therapy*

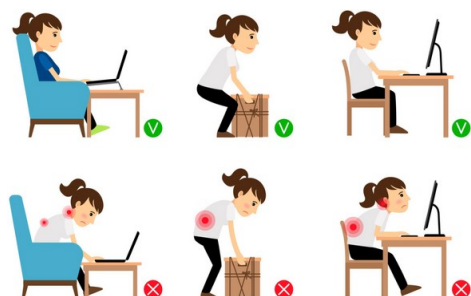
Summer Body Mechanics

From the desk of: Kathleen Dobbie, PT, DPT, CKTP

We have all been told, at one point or another, to stand up straight and keep our shoulders back. In other words, maintain good posture! Posture is also related to body mechanics. **Body mechanics are the ways we move when we go about our daily activities.** It is how we hold our body when we sit, stand, lift, carry, and bend. If we do not utilize proper body mechanics, then our spine and other joints are subject to abnormal stresses. Over time, this can lead to degeneration. However, if a load is strong enough it can cause immediate damage to various structure.

Summer and warm weather makes many of us anxious to spruce up our yard. It may involve digging, raking, planting, hauling, lifting, pushing/pulling, and lots of bending. It is important that while doing all of that we are protecting our spine and joints. In other words, using proper body mechanics. The following are a few recommendations:

- ◇ Start slow and steady: warm up your muscles lightly before going out into your yard- stretch or complete yoga.
- ◇ Don't expect to complete it all at one time; take breaks every 10-15 minutes in order to avoid staying in one position for too long.
- ◇ Avoid twisting and make sure your face and feet are facing the same direction. If you need to turn, turn your entire body. This is especially important while lifting.
- ◇ Make sure to bend/lift at the knees and hips and ask for help if needed.
- ◇ For overhead activities, be sure to use a step stool or ladder to bring the task to a level height. Reduce the amount of time with your arms overhead to avoid straining your neck, shoulders, back, and arms.



- ◇ For activities that require you to stay low for an extended period of time, consider using a bench/stool. A cushion for your knees will improve kneeling tolerance.
- ◇ Use gardening tools such as a wheelbarrow to avoid carrying something across the yard, or a shovel to dig instead of pushing, pulling, and tugging.

Lifting will be inevitable at times in order to complete all of your tasks. If lifting must be completed use the following mechanics:

- ◇ Start with a wide base of support;
- ◇ Squat down, bending at your knees and hips, keeping your spine neutral;
- ◇ Engage your core;
- ◇ Bring the load as close to your body as possible;
- ◇ Slowly straighten your legs and stand back up;
- ◇ Avoid any twisting while lifting or carrying.

Yard work and planting can be a chore for some and very enjoyable for others. Either way, staying healthy and safe while doing it is important! Utilize proper body mechanics to help avoid an injury.

References:

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²Colorado Comprehensive Spine Institute. (2020). The importance of proper body mechanics - keeping your spine healthy. In *Colorado Comprehensive Spine Institute*. Retrieved from <https://www.coloradospineinstitute.com/education/wellness/body-mechanics/>

³Mabuchi, K. (2016, March 31). Safe lifting tips for gardening & yard work this Spring. In *Innovation Physical Therapy*. Retrieved from <https://innovationphysio.com/blog/safe-lifting-tips-for-gardening-yard-work-this-spring/>

⁴Wells, B. (2020). How to reduce back pain from gardening and yard work (by a Chiropractor). In *Home Stratosphere*. Retrieved from <https://www.homestratosphere.com/how-to-reduce-back-pain-from-gardening-and-yard-work-by-a-chiropractor/>

**Quote
of the
Month:**

"Don't forget: Beautiful sunsets need cloudy skies."
-Paulo Coelho



Summer Safety Tips



Understanding SPF and Sun Protection

The SPF number tells you how long the sun's UV radiation would take to redden your skin when using the product *exactly as directed* versus the amount of time without any sunscreen. So ideally, with SPF 30 it would take you 30 times longer to burn than if you weren't wearing sunscreen. The Skin Cancer Foundation recommends a water-resistant, broad-spectrum sunscreen with an SPF of 30 or higher for any extended outdoor activity. It's important to apply one ounce (two tablespoons) 30 minutes before going outside and reapply it every two hours or immediately after swimming or sweating.

Protection Against Mosquitos and Ticks

Mosquitos and ticks carry some of summer's worst diseases (Lyme, West Nile, Zika, etc.) and are very difficult to avoid during the summer months without proper care. Avoid areas where insects congregate such as stagnant pools of water and gardens where flowers are in bloom. The current CDC recommendation for children **older** than 2 months of age is to use insect repellents containing 10% to 30% DEET when needed to prevent insect related diseases. In addition to repellent, cover up with a hat, long sleeved shirts, pants and socks to prevent bites.



Remember Helmets and Kneepads

From skating on the street to learning to ride a bike, protection is important. Equip children with helmets, knee pads and elbow pads to prevent head trauma, scrapes and bruises when accidents happen. The CDC states that unintentional falls are the most common injury contributing to a Traumatic Brain Injury (TBI) diagnosis in which the patient was hospitalized. According to the Insurance Institute for Highway Safety, 97% of bicyclists involved with a head injury were not wearing helmets.

Always Stay Hydrated

Staying well hydrated is important because it helps our hearts pump blood through our blood vessels to our muscles. When it's hot out and we're not hydrated enough, it means the heart is working extra hard to perform its job. If you struggle to stay hydrated, try these tips below:

- Hydrate before you exercise
- Ditch the caffeine
- Eat fruits that contain a substantial amount of water
- Try infused water
- Have a liquid breakfast (i.e. smoothie, protein shake)



Recipe of the Month:

INGREDIENTS:

- 1 bunch of thin asparagus spears, trimmed
- 3 tablespoons of olive oil
- 1 1/2 tablespoons of grated Parmesan cheese
- 1 clove minced garlic
- 1 teaspoon of sea salt
- 1/2 teaspoon of ground black pepper

DIRECTIONS:

- 1) Preheat oven to 425 degrees F.
- 2) Place asparagus into a mixing bowl and drizzle with olive oil. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic, salt and pepper. Arrange the asparagus onto a baking sheet in a single layer.
- 3) Bake in the preheated oven until just tender, 15 to 20 minutes depending on thickness.

Recipe credit to: allrecipes.com/recipe/214931/oven-roasted-asparagus/



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