

IN TOUCH WITH LA PLATA PHYSICAL THERAPY & WELLNESS

Physical Therapy: 101 Centennial Street • 301.392.3700

Wellness: 103 Centennial Street • 301.392.5054

La Plata, MD 20646 Website: <http://laplatapt.com/>



Spring Gardening Tips:

Spring has arrived! As always, it is good to be on the move! At this time of year we may find ourselves out in the garden. The staff at La Plata Physical Therapy & Wellness suggests the following stretching exercises to prepare your body for all of the lifting, bending and lunges to come.

|Standing. Put your hands on your hips, twist slowly to the right, then to the left, holding each to a count of 5, repeat 10 times.

|Standing. Stretch your arms out in front hold for 5 seconds then stretch arms out behind and count to five, repeat 10 times.

ENJOY! Gardening is a good way to cultivate your health!

|Kneeling. Stand up frequently and stretch to avoid getting stiff. Use a pad under your knees, to absorb the pressure. Also, lean on your hands to absorb some of the weight.

|Lifting. Don't try if it is too heavy. Test by lifting one corner. Roll or push heavy loads. If it is a bag of mulch, take some out before moving.

|Pulling. Place your feet apart, bend your knees and lean away from the object. Pull by straightening your legs. Always face the object and keep your back straight.

|Limit the amount of physical activity you do the first day out, especially if you have a history of back or heart problems.

La Plata Physical Therapy & Wellness

will be hosting another *Healthy You* OPEN HOUSE

Coming Soon! Date to be announced.

Spring into health this summer with the staff and health professional friends of La Plata Physical Therapy and Wellness. We will be able to provide complimentary blood pressure checks, health screenings, stress evaluations, posture checks, nutritional coaching, pharmaceutical consultations & more!



5 Pointers to Liking Exercise:

- 1) Choose Exercise That Best Fits You
- 2) Make Exercise a Habit
- 3) Fit Exercise into Your Daily Life
- 4) Try Small Increments of Exercise
- 5) Continue regardless, get back on track



Sources: Provided by American Heart Association email subscription group; Mercedes Carnethon, Ph.D., assistant professor of preventive medicine at Northwestern University's Feinberg School of Medicine.

For more information check out this website:

http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/GettingActive/5-Steps-to-Loving-Exercise-Or-At-Least-Not-Hating-It_UCM_445812_Article.jsp. 1 April 2014.

Come see us at the Town Hall for Celebrate La Plata Day

April 26th 12:00p.m.-4:00p.m.