



The Clinic  
**NEWSLETTER**  
for  
**Eastbourne Chiropractic Clinic**



5 Old Orchard Road  
Eastbourne  
East Sussex BN21 1DB

Tel: 01323-733361

e-mail: [info@eastbournechiropractic.co.uk](mailto:info@eastbournechiropractic.co.uk)

**Spring 2011**

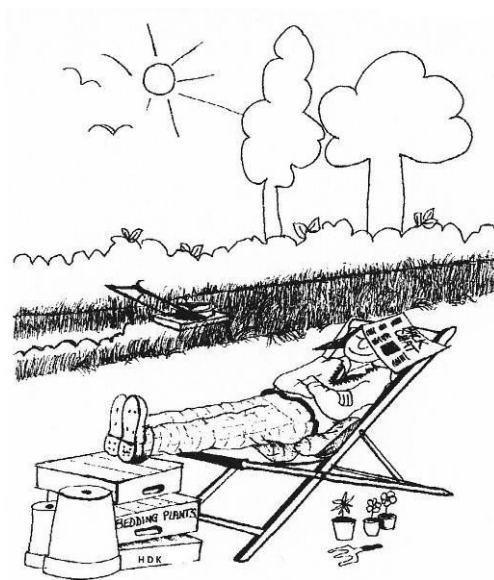
Newsletter no 2.

**GARDENING AND YOUR SPINE**

The dark gloomy days of January and February are at long last behind us and the days are getting longer and warmer. Come the first good weekend of Spring and the telephone in the chiropractic clinic on the following Monday will be constantly ringing followed by an influx of suffering patients. The reason for this?

**The Gardening Season has Arrived.**

Having been denied access to the garden for most of the winter months, most garden owners are keen to mow the lawn, clear weeds and rubbish, clear patches of land or even start that long awaited project. Gardening can bring delight, but also its share of torment. Always remember to “warm up” with a few muscle stretching exercises before you start.



GARDENER HORIZONTALIS .....  
(Recommended by Chiropractors)

Our first piece of advice is “**Don’t do too much**” Avoid the temptation of spending too long at the same task. It is better to do 30 minutes daily than 2 or 3 hours which may cause injury and prevent you from completing your work.

Secondly, “**Vary your Tasks**”. Do not spend half a day laying paving slabs; instead lay a few, take a break and then attempt a different task. At the outset, plan how you will spend the next few hours. Select 3 jobs that require different physical activities e.g. mowing, weeding and digging. About 20-30 minutes in every hour to each task.

Just as your garden increases yields and resists disease with proper crop rotation, in the same way your back increases production and resists strain with proper task rotation.

Thirdly, “**Choose the Right Tools**”. Choose tools which minimise bending or reaching, e.g. long handled hoes, forks, rakes and pruning shears. Also remember; it is better to take 2 manageable loads in a wheelbarrow, than 1 large one that risks a twisting strain at the end of the task. If at any time you do have to bend then **Bend your Knees** and **Keep your Back Flat**, and brace yourself by holding your stomach tight when lifting.

[www.eastbournechiropractic.co.uk](http://www.eastbournechiropractic.co.uk)

*If you prefer to receive future Newsletters via e-mail, please let us have your e-mail address.*

Fourthly, “**Use a Kneeling Cushion**”. If you have to kneel, use a proper kneeling cushion to minimise pressure to the front of your knees.

Fifthly, “**Don`t Bend and Twist together**”; as this puts a lot of strain on your back. Try to keep good posture while digging, lifting and bending. If you have an existing back condition and have been advised to wear a support then it is important that you do so. It may feel awkward at times, but this is purely to remind you to take care of your back and not put it in positions which may result in a recurrence of an injury.

Sixthly, “**Listen to your Body**”. If you are suffering with aches and pains then stop. Whilst painkillers have their place, remember they just numb the pain, they don`t fix it.

Seventh and last “**Avoid Slumping**”. When you have finished gardening, avoid slumping in a soft armchair or a bath for too long. This often causes strain on the back just when your lumbar spine needs the support. Many back problems are aggravated by over-stretching warm and well worked ligaments in a slouched position at the end of the day!

### **Remember our Seven Rules of Gardening:**

- 1) **DON`T DO TOO MUCH**
- 2) **VARY YOUR TASKS**
- 3) **CHOOSE THE RIGHT TOOLS**
- 4) **USE A KNEELING CUSHION**
- 5) **DON`T BEND AND TWIST TOGETHER**
- 6) **LISTEN TO YOUR BODY**
- 7) **AVOID SLUMPING**



It's the same every year — this kind of approach to his Spring position (horizontal) on the Board of a Chiropractor.

These gardening tips will help you to avoid injury. However, if you are unfortunate enough to suffer pain after gardening then try and visit your Chiropractor as soon as possible. It does not pay to leave the problem, as the injury itself will become more pronounced and the body, in its effort to protect the area, will cause compensatory injuries in other areas of the spine.

We hope you have found this newsletter interesting and helpful, and we look forward to writing and sending you our next one in the Summer. Also if there is only one thing that you remember from this, then let that be:

**Benz Zee Kneez.**

Wishing you all a healthy spring and a flourishing garden.

Yours chiropractically

Hilton, David and our friendly team.

[www.eastbournechiropractic.co.uk](http://www.eastbournechiropractic.co.uk)

*If you prefer to receive future Newsletters via e-mail, please let us have your e-mail address.*