

Gardening Tips to Help Prevent Back Pain

- **Warm Up Before Gardening:** Do some warm-up exercises to get your muscles ready for the task ahead. Wear clothes that do not constrict your movement.
- **Digging:** Keep your back straight and stomach muscles contracted. Divide your digging areas into sensible chunks will prevent overdoing it in the first few days.
- **Mowing the Lawn:** Never attempt to move hover mowers sideways by swinging from the waist with the mower at arm's length. This puts excessive strain on the low back and may result in otherwise avoidable pain. Mow a little at a time in straight lines keeping as upright as possible.
- **Use a Kneeler Seat:** The use of a 'kneeler seat' with handles will provide padding for your knees and that much needed support when returning to a standing position.
- **Lifting:** Lift heavy objects carefully – stand close to object, squat down using legs, use both hands to grasp object, and keep object close to body whilst slowly straightening up. Use a lifting trolley or wheelbarrow to move heavy items such pots, sacks of compost.
- **Lighten the Load:** Split material into lighter loads is a sensible back-protection technique. Buy heavy items (cement, compost etc) in smaller bags to reduce your carrying load.
- **Take Regular Breaks:** Alternate activities every 20-30 minutes to minimise strain on each part of body. Take regular tea/stretch breaks.
- **Share the Strain:** Get help with difficult tasks.

A back friendly garden could consist of raised beds, and low maintenance planting. Ground covering plants could be installed to reduce the need for weeding. The gardener would have the use of lifting hand trolleys and light-weight, long-handled tools. Work benches in potting sheds and greenhouses would be the correct height to avoid stooping.

Ultimately Less bending = Less back pain

Latest news from the centre

Free Spinal Screenings



Do you know someone who is in pain but not sure if Chiropractic or Osteomyology care is right for them? Why not tell them about our FREE spinal screening event that is happening on Friday 16th April. It's a great way for them to come in and speak with our fabulous team and see if we can help them finally be free from pain.

Find out more by visiting our Facebook page.

Easter Egg Collection



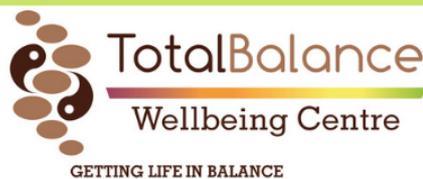
A massive thank you to everyone who donated to our Easter Egg appeal, making it again a huge success. We are so grateful for your kind donations which helped to make underprivileged children that bit happier this Easter.

Strat Day

On Friday 5th March, we closed the centre for one of our Strategy Day's where we worked as a team on various activities including understanding our own and others personality types, we also spent time reviewing our procedures to ensure we provide the best service possible.



VOUCHER



FAMILY REFERRAL VOUCHER

While you are enjoying the benefits of care within the centre, why not bring your family along for a check up and enjoy the benefits of true wellbeing care for the whole family.

This certificate will cover 50% of the cost of their initial visits to the centre to see our Chiropractic or Osteomyology team. This includes: A Private Consultation, a full top-to-toe examination, including x-rays if necessary. It also covers a follow up visit in order to receive a full verbal report of the centre's findings.

This voucher has no cash value and cannot be exchanged for cash or used towards product purchases and can not be used in conjunction with any other promotions.

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