



Performance For Life

NEWSLETTER

Nip Your Pain in the Bud This Spring

Is the risk of injury holding you back from participating in your favorite springtime activities like gardening? At Achieve Therapy & Fitness, our therapists are movement experts who can help you recover from an injury and even show you how to avoid one in the first place. Springtime is finally here, and with it comes a renewed sense of energy and drive to reach your fitness goals! After a long winter of being stuck inside, it's more important than ever to stay on top of your health and make sure you're engaging in physical activities. Gardening is an enjoyable way to get active, especially in the spring! Nothing beats the smell of blooming flowers, fresh air, and warm sunshine. However, at Achieve Therapy & Fitness, we understand that the fear of injury can prevent you from initiating the steps needed for a healthy and active lifestyle, especially if you've been injured in the past.

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- 3 Natural Ways To Beat Spring Allergies

Don't Let A Risk of Injury

Hold You Back From Activity



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If you need an extra push to get ready to engage in your favorite springtime activity, physical therapy can help. Request an appointment with Achieve Therapy & Fitness today to learn more about how we can help with injury prevention and recovery this spring!

How gardening may cause back pain

Back pain typically develops due to an injury, poor postural habits, or repetitive movements like bending. This is why back pain is so common with spring gardening. The repetitive bending, digging, and reaching needed for gardening will often lead to lower back pain.

Gardening is a great way to get physical activity, and for a lot of people, the mental/emotional benefits are as important as the physical. Although it is not often viewed this way, gardening is similar to a sports season. Just like athletes need to train in the offseason to have a productive, competitive season, gardeners need to learn how to prepare for their season. Fortunately, our physical therapists can teach you the strategies to resolve injuries, old and new, and how to get into "gardening shape."

3 ways to prevent back pain while gardening

Gardening offers the opportunity to experience the outdoors while working on your green thumb. However, it is essential to take the necessary steps to protect your back from injury while gardening. Below are three tips for pain-free gardening:

1. Warm-up first. Like any other physical activity, it is crucial to warm up before gardening. Morning gardeners need to make sure to walk around, or at least be up and moving, for about 45 minutes before starting any bending or lifting.

2. When in doubt, stick your butt out! One of the most common mistakes gardeners make is with their technique. Your back is incredibly strong and resilient when you maintain its natural curves. In the lower back, the curve you need to maintain is called lordosis. When you stick your butt out, you will naturally increase the curve, a.k.a. lordosis, and protect your back from injuries. Whether you are working with a shovel, rake, or spade, it is vital to keep your curves intact. Also, when bending to pull weeds, it is better to kneel or squat so you can maintain the straight spine position and protect your back.

3. Prioritize your safety. You can take simple steps to ensure you are safe while gardening. The most important include:

- Take frequent breaks or alternate tasks such as digging, lifting, and walking. Adding in some simple backbends before starting can also help decrease your risk of pain or injury.
- Choose the right gardening tools to limit the stress on your body
- Use your hips and knees to lift, rather than your back.

With our team of talented movement experts, preparing for the gardening season this spring can be enjoyable. Our therapists are here to help make sure you can do what you love!

Turn the Page to Read More >>

What To Expect In Physical Therapy

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Fortunately, physical therapy can effectively treat and/or prevent back pain. Our licensed physical therapists will determine the source of your pain and then create a plan to resolve it once and for all.

Your treatment plan will focus on pain relief, which may include any combination of light exercises, manual therapy, ice and heat therapies, posture improvement, or any other treatment that your physical therapist deems fit.

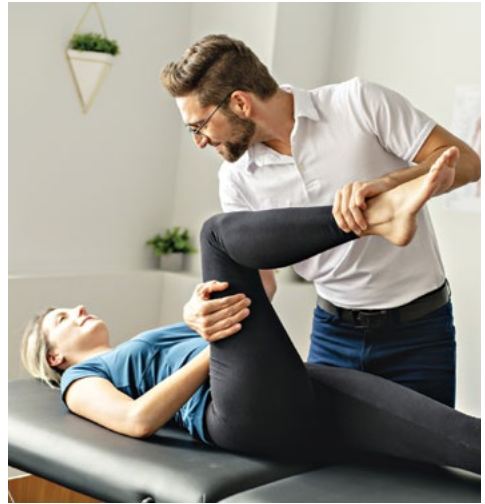
As you progress and improve, your physical therapist will expand on your exercises and stretches by making them more intensive over time. We will spend one-on-one time with you on each visit, using hands-on techniques that get the joints, muscles, and nerves moving again.

We will also design a comprehensive exercise and education program to get you back to comfortably completing your physical goals!

Contact Achieve Therapy & Fitness today to get started!

Are you excited to participate in this year's spring gardening season? At Achieve Therapy & Fitness, our therapists want to empower you to prepare for this activity with a program tailored to your individual needs! Whether you need tips on how to prevent injury, or need help healing from old aches and pains, we are here to help. **Contact us today to set up an appointment with one of our therapists!**

Sources: <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD006555.pub2/full?highlight=Abstract=back%7Cexercise%7Cpain%7Cexercis>
<https://bjsm.bmj.com/content/55/9/468>
<https://www.sciencedirect.com/science/article/abs/pii/S0140673618304896>



  **achieve**
Therapy and Fitness

Call Us Today **866-320-3562**

Join us for a **FREE** Shoulder Pain & Rotator Cuff Workshop

April 7th • Grand Forks • 6:00PM

April 14th • Grafton • 5:30PM

April 28th • Park Rapids • 5:30PM

Register Today!

achievetherapy.ptworkshops.com/AchieveTherapy-GrandForks/rotatorcuff/workshop

Patient Success



"My personal experience here at Achieve Therapy and Fitness has been awesome! My sister and I started training with Jake at the end of 2020. In the past, I would have trouble staying on my snowmobile and dirt bike seat during races because I did not have enough muscle control. Since starting with Jake I have noticed an increase in my strength and have more control. I would recommend Jake and Achieve Therapy!" - **Cerissa**

3 Natural Ways To Beat Spring Allergies

Try these simple tips to protect you from spring allergens!

1. Limit your time outdoors. Each spring, trees release billions of tiny pollen grains into the air. When you breathe them into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, especially on windy days and during the early morning hours, when pollen counts are highest.

2. Tweak your home. Simple changes make a difference. Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside. Take off your shoes at the door and ask guests to do the same. That keeps allergens outside. Finally, don't allow guests, or yourself, to smoke inside the home. It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.

3. Keep it clean! Be sure to wash all surfaces regularly with single-wipe dust rags (if using cleaning rags, be sure to wash them in hot water after each use). If you find mold, use water and detergent to clean, then let it air-dry completely. Finally, wash all bedding once a week in hot water and dry in a hot dryer.



Winter 2022 Fitness Class Schedules

PARK RIVER, GRAFTON, & MINTO LOCATIONS

Circuit Interval:

- Mondays at 4:30PM | Grafton

BodyPump:

- Mondays at 5:30PM | Grafton & Park River
- Wednesdays at 6:00AM | Grafton & Park River
- Thursdays at 5:30PM | Grafton
- Fridays at 6:00AM | Park River

Forever Young:

- Tuesdays at 9:00AM | Park River
- Thursdays at 9:00AM | Park River

Core Works Pilates:

- Tuesdays at 12:45PM | Minto
- Thursdays at 12:45PM | Minto

Core & Balance:

- Tuesdays at 1:45PM | Minto
- Thursdays at 1:45PM | Minto

Kickbox:

- Tuesdays at 5:30PM | Grafton
- Thursdays at 6:00AM | Park River

Hi-Low:

- Wednesdays at 4:15PM | Grafton
- Every other Saturday at 9:00AM | Grafton

Yoga:

- Wednesdays at 5:30PM | Park River

Healthy Recipe

Smoky Vegan Bacon

- Ingredients**
- 1 large carrot
 - 2 tablespoons maple syrup
 - 1 teaspoon smoked paprika
 - 1/2 teaspoon garlic powder
 - 1/4 teaspoon onion powder
 - 1/8 teaspoon salt
 - 1/8 teaspoon liquid smoke
 - 2 tablespoons olive oil

Directions With a mandoline or vegetable peeler, cut carrot into long, thin strips. In a shallow bowl, whisk maple syrup, paprika, garlic powder, onion powder, salt and liquid smoke. Dip carrot slices into syrup mixture, allowing excess to drip off. In a large skillet, heat oil over medium heat. Cook carrot slices in batches until browned, 4-6 minutes, turning once.

Source: <https://www.tasteofhome.com/recipes/smoky-vegan-bacon/>



Meet Our Athletic Trainers

Happy Athletic Training Month to our amazing crew! They work hard to keep your athlete in the game. Thank you for all that you do!



Carla



Baylee



Jenna & Shayna

Has Your Pain Come Back? Call us at 866.320.3562 or visit achieve-therapy.com today!



Skip The Prescription With
DIRECT ACCESS
TO PHYSICAL THERAPY

CALL 866-320-3562 TO SCHEDULE YOUR APPOINTMENT WITH US TODAY!

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Park River, ND 58270
701-490-8150

110 Pleasant Ave S.

Park Rapids, MN 56470
218-216-2491

1425 S Columbia Rd

Grand Forks, ND 58201
701-409-1614

1421 Central Ave NW

East Grand Forks, MN 56721
218-316-7798

3035 Demers Avenue

Grand Forks, ND 58201
701-409-1592



JOIN US FOR A **FREE** SHOULDER PAIN & ROTATOR CUFF WORKSHOP!

April 7th • Grand Forks • 6:00PM

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April 28th • Park Rapids • 5:30PM

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