

Spring 2021



## MEADOWLAND THERAPY

• THE RESULTS YOU WANT • THE CARE YOU DESERVE •

*Health & Wellness  
Newsletter*

*Inside the Issue*



### Gardening Ergonomics



### What is your pelvic floor?

## MEET OUR TEAM

Richard Lemon is our co-owner and a physical therapist specializing in our orthopedic patients. He was born in Sonora, CA. His father was a role model for him in teaching him many good principles including hard work, honesty, and perseverance.

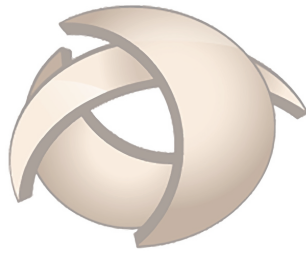
Richard has lived in Pocatello for 18 years. He loves that Pocatello has beautiful mountains all around and how kind the people of Pocatello are. His favorite color is blue because it reminds him of a beautiful sun shining day. He has 4 kids: 2 girls, 2 twin boys, and a beautiful wife.....



Richard Lemon, MPT

# OUR SPECIALITIES

- Aquatic Therapy
- Auto Injury
- Biofeedback
- Electrical Stimulation
- Fascial Distortion Model (FDM)
- IASTM- Instrument Assisted Soft Tissue Mobilization
- Joint Mobilization
- Manual Therapy
- Myofascial Release
- Pelvic Floor Therapy
- Therapeutic Exercises
- Ultrasound
- Vestibular Therapy
- Worker's Compensation



Did you know  
we are having  
a **FREE** Pelvic  
Floor and  
Incontinence  
workshop in  
our clinic  
Thursday,  
April 29th at  
6 PM?

## PELVIC FLOOR CORNER

### *What is your pelvic floor?*

The pelvic floor is composed of a thin sheet of muscle fibers and associated connective tissue which spans the area underneath the pelvis between the pubic bone at the front and the sacrum or tail bone at the back.

### *What do your pelvic floor muscles do?*

- The pelvic floor muscles contract when you cough, sneeze or strain, helping to prevent the involuntary leakage of urine.
- They help to support the organs in your abdomen, especially when you are standing.
- They help to protect the pelvic organs from external damage.
- They help to hold the pelvic organs, like the bladder, in the correct position.
- They help in the control of passing of urine, gas, and bowel movements.
- They play a role in sexual function during intercourse.

In order for the pelvic floor muscles to carry out their function well, they need to be fit and adequately toned just like any other muscle in the body.

### *What if my pelvic floor muscles are weak?*

A weakness of the pelvic floor muscles may cause or worsen stress or urge incontinence, pelvic organ prolapse, or even a loss in sexual sensation or feeling of vaginal looseness.

### *What causes weakness in my pelvic floor?*

- Under use. Like all muscles, the pelvic floor muscles need exercise to work well. Regular and adequate intensive exercise of the pelvic floor muscles should be maintained all through life (not just after having children) and is therefore very important.
- Damage to the muscles during pregnancy and childbirth.
- The change in hormones associated with menopause or the decreased muscle tone related with aging.
- Damage to the muscles through long term straining when constipated or associated with a chronic cough or obesity.

### *How do I help strengthen my pelvic floor?*

Regular pelvic floor exercises help by both strengthening and relaxing the pelvic floor muscles, so they become firm and supportive, but not overactive. Many women will have a major improvement in or recovery from symptoms of stress urinary incontinence by learning effective pelvic floor and core exercises, thus avoiding or delaying the need for surgery.

Come to our **FREE** workshop if this is something you'd like to learn more about.. **APRIL 29th @ 6PM!**

# GARDENING ERGONOMICS

It's that time of year again. Time to exchange snow shovels and winter boots with gardening tools and watering cans. While the warmer weather brings on a new sense of happiness and energy, we need to remember to use proper body mechanics and follow general safety to avoid muscle aches and potential serious injuries. The number one injury associated with gardening is low back pain. Here are a few tips to make your gardening experience more enjoyable and less painful.



## **LIFTING:**

Lifting heavy objects such as bags of soil, planters and mulch improperly can lead to low back strains and/or sciatic pain. Other options include moving half of the soil/mulch to a separate pot before lifting the bag or planting into smaller pots that are easier to maneuver. Using a garden cart or wheelbarrow can also assist with moving heavy gardening materials. Remember to lift with your legs, avoid simultaneous lifting and twisting and keep heavier objects close to your body to avoid injury.

## **PLANTING:**

Prepping the soil can also be a difficult and tedious task requiring prolonged forward bending and frequent changes in position. Try prepping the planting bed by using long-handled gardening tools. Once the soil is ready, plant from a kneeling position using either a kneeling stool or a cushion. Remember to avoid twisting at the spine. Those with known chronic low back pain may want to consider planting in to pots, flower boxes or raised flower beds to avoid further injury.

## **WEEDING:**

Most people dislike weeding their gardens and flower beds. Options to reduce the need to do so include using plants as ground cover or using mulch in your flower beds to minimize weed growth. If using a weed spray, look for bottles that have a sprayer hose to allow you to stand upright while treating your problem areas.

## **MOWING THE LAWN:**

The action of pulling a cord to start your mower is the most common cause of low back injuries. When able, use an electric start mower. If you must use a pull start mower, remember to bend at your knees and maintain the natural curve of your spine while reaching for the cord. Make sure you tighten your abdominal muscles just before pulling the cord in order to support your spine. If using a push mower, remember to maintain proper upright posture and take breaks as needed.

MOST important is to listen to your body. Take frequent breaks and change positions when you start to experience aching, cramping or fatigue. Stay hydrated and wear sunscreen.

Call us and schedule an appointment if you are experiencing pain!



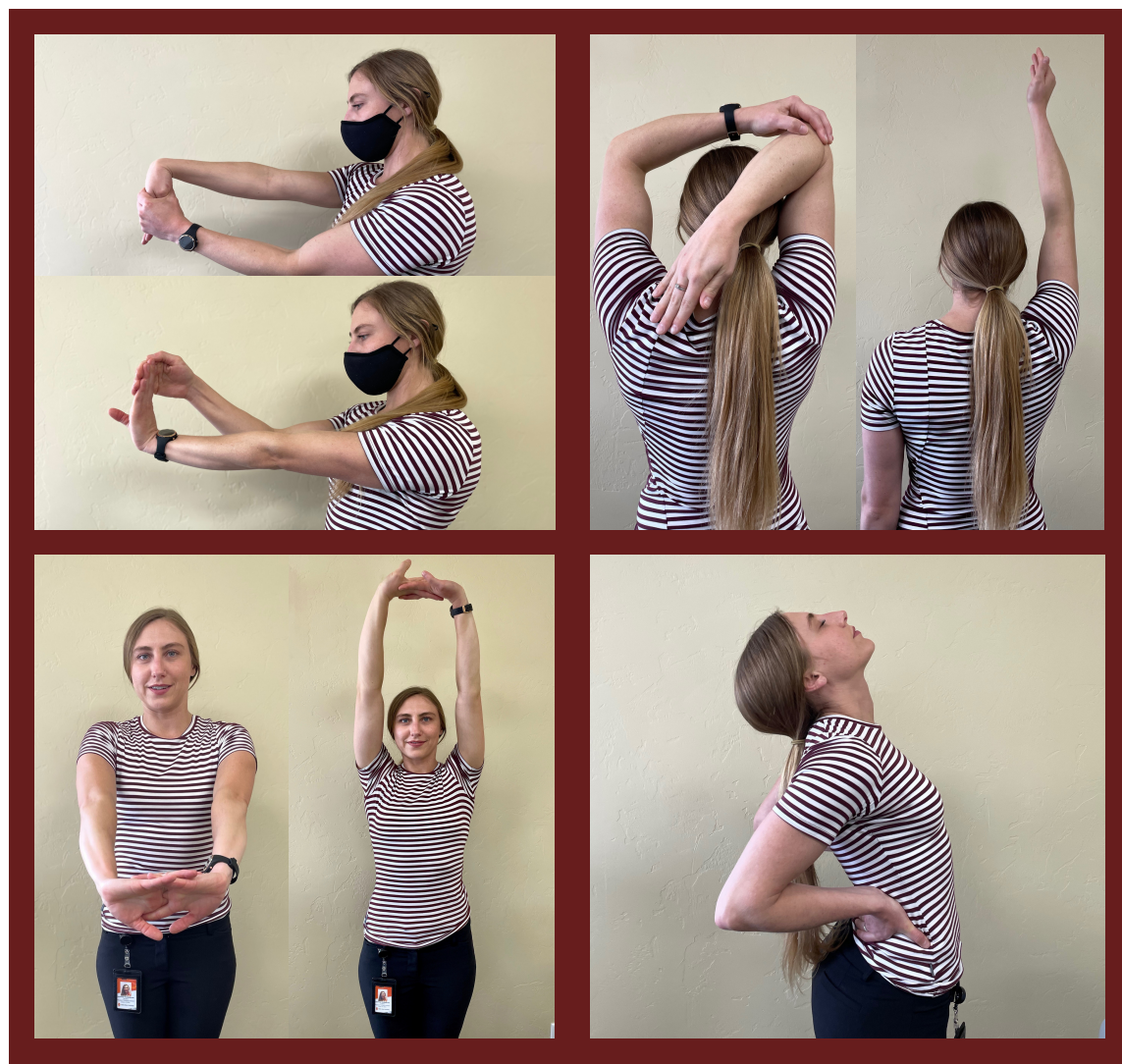
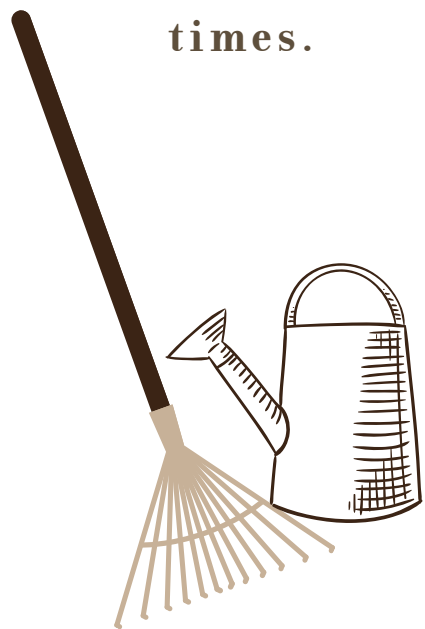
## MEET OUR TEAM Continued....

..... His favorite vacation was on the island of Oahu Hawaii. Mostly because he was able to go with his family and experience the adventure together. In his spare time, you could find him at the gym, lifting weights or on the elliptical machine. He also loves to watch sports, visit his extended family and friends, and/or enjoy a warm chocolate chip cookie.

## GARDENING STRETCHES Continued....

Stretching before you start gardening can help you from experiencing pain later. Here are some stretching techniques to help get you started!

Hold each stretch for 10 seconds and then repeat for 8-10 times.



## LET'S GET SOCIAL

For news and tips for healthy living from your favorite physical therapists, follow us on social media.



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