



DON'T LET KNEE PAIN GET IN THE WAY OF GARDENING THIS SPRING!

Read more inside on What To Expect In Physical Therapy Sessions, the Exercise of the Month, and Go to the Pain, Not Through the Pain.

DarienPhysicalTherapy.com

Give us a call today at (203) 655-6464

DON'T LET KNEE PAIN GET IN THE WAY OF GARDENING THIS SPRING!

Do you notice getting up and down seems to be more difficult and even painful at times? Are you concerned about all the work you have to do in your garden and how your knees will handle it? At Darien Physical Therapy, our physical therapists have proven success in helping people with knee pain feel better to do what they love!

Gardening is one of the most popular activities people of all ages, and physical abilities enjoy worldwide. If you are someone who enjoys gardening, you understand that it can be physically demanding at times. Whether you are lifting or carrying or kneeling and bending over, the demands on the body can lead to pain and injury.

Anyone who gardens knows that getting out in nature and the pure enjoyment of using your hands to get something to grow is worth the effort. Most gardeners don't know that your knees also benefit from the work!

At Darien Physical Therapy, our physical therapists understand the importance of staying active for knee health. We will work with you to resolve any limitations you may have so you can get back in the garden and enjoy a pain-free season!

[Request an appointment today!](#)

Why Gardening Is Good For The Knees

One of the biggest mistakes people with sore knees make is avoiding activity altogether. For years the message was, "if it hurts, don't do it." Unfortunately, this is one of the worst things you can do when it comes to the knees.

One of the most common problems gardeners deal with is knee osteoarthritis. In recent years, knee degeneration has been proven to be related to inactivity. Unfortunately, most people still believe the myth that using your knees will lead to more wear and tear of the cartilage.

Multiple research studies have concluded that keeping your thigh muscles strong and joints mobile is the foundation for the health of your knees. The cartilage in our knees gets its nutrition through movement, and sedentary lifestyles cause more harm and damage to the knees than activity.

In addition, we have known for decades that muscles stay strong by using them. Resting and inactivity lead to atrophy



and weakness in the muscles. The weaker the thigh muscles, the more pain, and dysfunction in the knee joints.

Too often, people think that if their knees hurt, they should avoid activity. Studies have demonstrated that gardening is one of the safest and most effective ways to improve the health and function of the knees!

Another common knee condition associated with gardening is prepatellar bursitis. The kneecap (patella) is protected by little sacs of fluid (bursa), which become irritated and/or inflamed from prolonged and/or repetitive kneeling.

The most effective solution to this condition is to prevent it in the first place. The easiest way to avoid this condition is to limit the time you are kneeling and use a pad to minimize the pressure on the kneecap itself.

Like osteoarthritis, the treatment of prepatellar bursitis is restoring any lost motion and strengthening the thigh muscles. At Darien Physical Therapy, our physical therapists are highly trained in treating all types of knee injuries. Our assessments will identify the factors contributing to your pain/injury and help us provide the most effective treatment to resolve your issues and get you back in the garden sooner rather than later!



Take responsibility for your pain & get the help you need today!

Scan the QR code to schedule your appointment!

Stop letting pain get in the way. Give us a call at (203) 655-6464 or visit DarienPhysicalTherapy.com today!



WHAT TO EXPECT IN PHYSICAL THERAPY SESSIONS

We will start with an injury evaluation and a biomechanical assessment to identify all the factors contributing to your pain. This will consist of a thorough history to understand more about the type of gardening you enjoy and the demands on the body required to perform the duties necessary.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques for the individual gardener.

Your physical therapist will then incorporate gardening-specific treatments, including modifications and proper techniques to assist you in a safe return to your garden so you can do what you love!

Request An Appointment Today!

At Darien Physical Therapy, our physical therapists are experts at treating gardening-related injuries. We have proven success with treating gardeners of all ages and physical abilities.

Call today to schedule an appointment with one of our specialists!



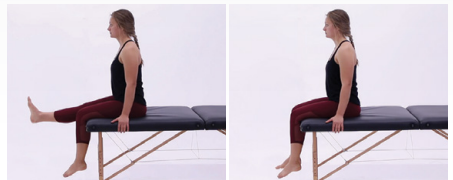
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EXERCISE OF THE MONTH KNEE EXTENSION AROM

Start by sitting up straight on the edge of a table with your legs hanging off. Slowly extend one knee all the way until your leg is straight without letting your back round. Then, allow your knee to bend back down. Repeat with your other leg. Continue alternating as directed by your physical therapist. Perform 3 sets of 10 reps.



Life is too short to not feel your best. Give us a call at (203) 655-6464 or visit [DarienPhysicalTherapy.com](https://www.DarienPhysicalTherapy.com) today!

GO TO THE PAIN, NOT THROUGH THE PAIN

The days of “no pain, no gain” are hopefully in the past. The idea of emphasizing pushing through discomfort to achieve results is not an effective solution for most people dealing with a painful condition, injury, or chronic condition. In fact, recent research suggests that a more holistic approach is effective and, indeed, safer for patients.

Pain is our body's way of letting us know that something is happening in the body. When a nerve ending is triggered, an impulse travels to the brain, alerting us that something is happening. It is a warning sign or an alarm. How this impulse is interpreted varies from person to person and is influenced by a multitude of factors.

Aggressively pushing through pain can worsen the underlying issues and potentially result in long-term damage. The key is getting help from people who work with painful conditions every day, like our therapists at Darien Physical Therapy!

How Physical Therapy Can Help You Find Relief

In cases of musculoskeletal disorders and injuries, applying excessive stress on already agitated tissues can prolong the healing process and even cause further injury. In comparison, going to the pain but not through it means cautiously approaching the edge of discomfort without crossing it, which can help your body progress without delaying your recovery.



Our objective is to work within a “therapeutic window”: a range of activities that stimulates the body's natural healing mechanisms without triggering negative responses.

At Darien Physical Therapy, we educate our patients about pain to help them understand their conditions better and actively participate in treatment. Our therapist can help you learn “pacing,” where activities are broken down into manageable parts, helping you to avoid extreme ups and downs of feeling good one day and an increase in pain and inactivity the next.

By respecting the body's pain signals and working within a therapeutic window, our approach aims to achieve long-term functional gains without the risks associated with pushing through pain.



WE NEED YOUR HELP!

Would you take a moment to share your Darien Physical Therapy experience on our Google Review page? We make it easy; just scan this QR code with your smartphone's camera. Your success story could help improve the lives of others in our community by leading them to PT!

FEEL BETTER BY EATING BETTER GREEN BANANA APPLE BLISS SMOOTHIE

- 2 bananas, frozen
- 2 cups water or milk
- 1 teaspoon vanilla extract
- 1 green apple, core removed
- 1 cup plain Greek yogurt
- Honey to taste (optional)
- 2 handfuls spinach

In a blender, add all ingredients. Blend until smooth, adding more water if you want a thinner smoothie.

Adjust sweetness with additional honey, if desired.



Your health is our highest priority. Give us a call at (203) 655-6464 or visit [DarienPhysicalTherapy.com](https://www.DarienPhysicalTherapy.com) today!