

Making the Most of the Good Weather

With the arrival of spring and long awaited sunny days comes a renewed enthusiasm to rediscover our favourite outdoor pursuits, be they walking, cycling, golfing or gardening. It's easy to forget that over the winter months our muscles and joints may be less used to these activities so may not be as enthusiastic to rush back into them. Whether you are frantically digging a new veg patch, cleaning up the patio furniture or dusting off the golf clubs, spare a thought for the muscles which have been in hibernation for the last few months.


When working, consider how you are lifting – combined movements such as lifting twisting and bending, are far more likely to result in back spasm or disc injury than if you move your feet and bend your knees. Kneeling or sitting on a low stool to plant or weed will help prevent muscle strain in the back. Moving around the garden between different jobs will

prevent using the same muscles for too long. When using secateurs only use them for a few minutes at a time to prevent aggravation of arthritic hand joints or the onset of gardeners elbow. A good pair of ratchet secateurs will help with this. Above all, to make the most of the good weather days, listen to your body and if you are experiencing discomfort with an activity move onto something different – the body responds well to a little respect.

If, however, your enthusiasm overcomes you and your joints and muscles have cause to complain please feel free to give me a call to discuss your problem at Woburn Sands Osteopathy Clinic, High Street Woburn Sands. Tel: 01908 587675 or 07986 511335

Wishing you all a happy and healthy spring.


(Advertising Feature)



WOBURN SANDS OSTEOPATHY CLINIC


KATE HIGHSTEAD

Providing Osteopathy in Woburn Sands for 20 years




Osteopathy—For treatment of:


- Back Pain, Sciatica
- Hip and knee pain from osteoarthritis
- Neck pain, Headaches, Migraine prevention
- Frozen shoulder, tennis or golfers elbow
- Fibromyalgia, Neuralgia
- Muscle tension and sports injuries
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- Postural changes in pregnancy



Cranial Osteopathy *gentle technique for babies & children to help:*



- Crying, irritable babies
- Sleep Disturbances
- Feeding difficulties



If you are unsure as to whether osteopathy can help you or your child, Kate would be happy to answer any queries.

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