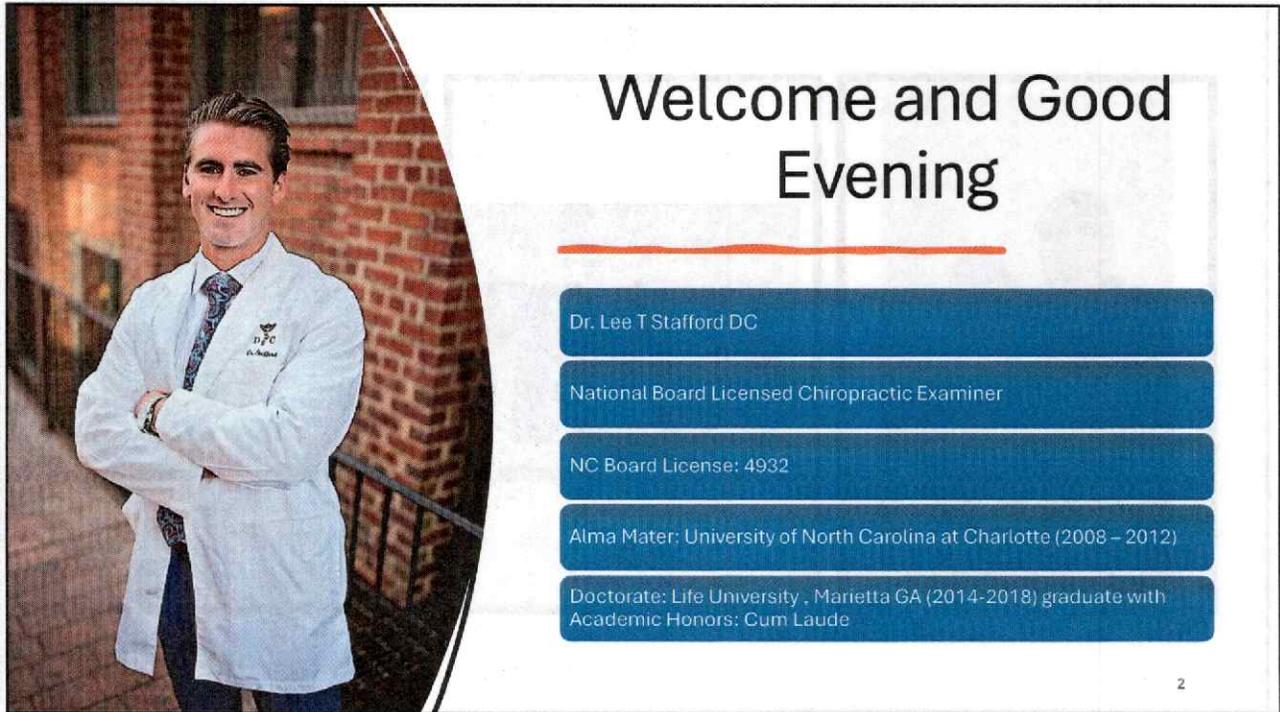




Don't Let Gardening Become a Pain!

Dr. Lee T Stafford DC

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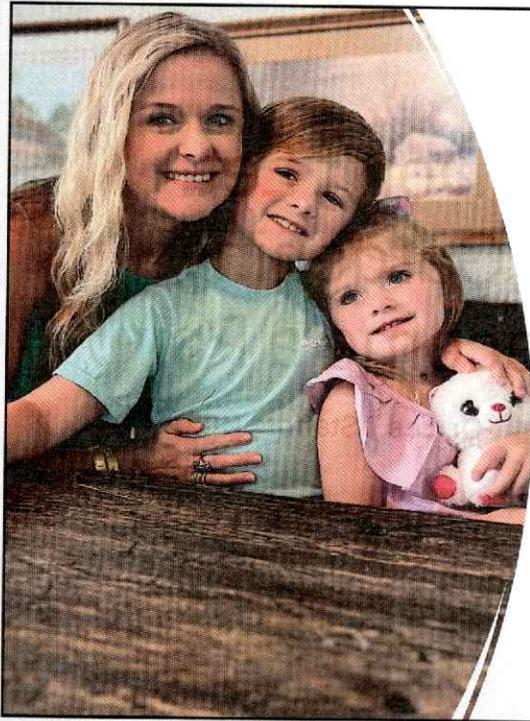


Welcome and Good Evening

- Dr. Lee T Stafford DC
- National Board Licensed Chiropractic Examiner
- NC Board License: 4932
- Alma Mater: University of North Carolina at Charlotte (2008 – 2012)
- Doctorate: Life University , Marietta GA (2014-2018) graduate with Academic Honors: Cum Laude

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A Little Bit About Myself:

My wife, Christine, and I celebrated our 15 year wedding anniversary this past June.

We have two beautiful children: Jesse Tucker (8) and Sydney Jean (4)

Hobbies: Soccer, Exercise, Gardening, Travel and DIY house projects

Garden Inspiration: Grandparents and Father

Favorite Flowers: Peony and Mexican Petunia

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Tonight's Lecture

- My goals of tonight's lecture is to provide you with some key strategies to keep your body and spine healthy and strong, ensuring that gardening and landscaping remain enjoyable, pain-free activities for years to come!
- "God Almighty first planted a garden. And indeed, it is the purest of human pleasures." Francis Bacon

How do we help gardeners?

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Important Topics

- Proper Warm-up and Stretching
- Proper Lifting Techniques
- Maintaining Proper Posture and Alignment
- Rest and Take Breaks
- Work Smart
- Supportive Footwear
- Exercise and Strength Training
- Proper Hydration



2024

We use cutting hedge technology

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Stretching and Warming Up

- The first step of every activity is to warm up and stretch your body
- Start by performing gentle stretches for your neck, shoulders, back, and legs to increase blood flow and flexibility
- This helps prepare the body for the physical demands of gardening and reduces the risks of common musculoskeletal related injuries associated with gardening and landscaping:
 - Sprain and strains
 - Neck Pain
 - Back Pain
 - Upper Extremity Pain
 - Hip Pain
 - Knee Pain
 - Falls

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Child's Pose



Lumbar Extension aka Cobra Pose



Hamstring Stretch



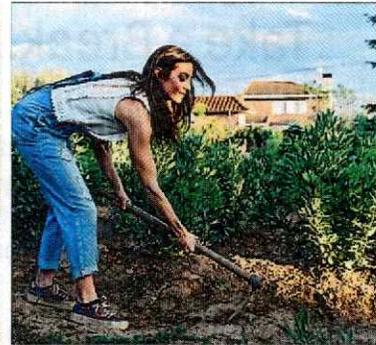
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Lawn and Order  8

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Use Proper Lifting Techniques

- It is important to use proper lifting techniques when lifting heavy objects, such as bags of soil, mulch or pots.
- Proper Lifting:
 - Bend at the knees and hips
 - Keep your back straight
 - Engage your core
 - Engage your leg muscles
 - Hold close to your core
- Avoid Twisting, Lifting, and bending
- Use Good Judgement
 - If an object is too heavy
 - Ask for help
 - Use Mechanical Aids: Wheelbarrows and garden carts



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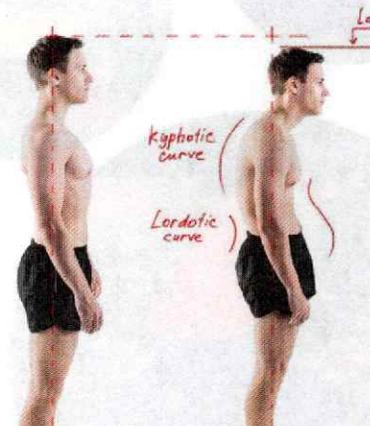
How do plants share gossip?

9

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Maintaining Proper Posture

- Posture is the position in which we hold our bodies while standing, sitting, or lying down
- Good posture is the correct alignment of body parts supported by the right amount of muscle tension against gravity
 - By keeping the bone and joints in the correct alignment, you decrease abnormal wearing of the joint surfaces that could result in degenerative arthritis and joint pain
 - Reduce stress on the ligaments holding the spinal joint
 - Allow muscles to work more efficiently, allowing the body to use less energy, and therefore, prevent muscle fatigue
- Maintaining good posture throughout gardening activities will prevent injuries, muscle soreness and stiffness, micro-stress trauma, and discogenic back pain
- Do not hunch or bend forward for extended periods of time



2024

They hear it through the grape vine.

10

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Take a Break... Rest!

- Repetitive movements can put increased stress on your musculoskeletal system leading to micro-trauma, tendonitis, sprain and strains
- To avoid injuries, it is important to alternate between different gardening tasks; such as digging, pruning and watering
- It is extremely important to take regular breaks, stretch, hydrate, and give your body time to recover



2024

Why did the gardener have to change clothes?

11

11



Work Smarter; Not Harder

Sample Footer Text

- Invest in ergonomic tools:
 - The right tools will reduce physical and mechanical stress and load on your bodies
 - Look for tools with padded handles to reduce complaints associated with carpal tunnel syndrome (CTS)
 - Look for long handed tools and equipment that help maintain an upright posture
 - Yard benches, deep seated kneelers and knee pads are great ways to save you back, hips and knees

Because he wet his plants.

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Find Supportive Footwear

- Wearing supportive footwear is often overlooked in everyday life but can make a significant difference in reducing foot, knee, hip, pelvic and lower back complaints
- When choosing a shoe is best to know if you have a neutral, pronating or supinating foot
- Find a shoe that provides proper arch support, cushion, shock absorption and stability
- Having proper footwear helps distribute body weight evenly and reduces the risk of fall, fractures, ankle sprain and strains
- Investing in stabilizing orthotics are another way to improve gait, station, and balance

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Why don't more people garden?

Orthopedic

The Foot/Spine Connection

A 2017 randomized control trial conducted by National University of Health Sciences and published in the Annals of Physical Medicine and Rehabilitation produced results that showed Foot Levelers Stabilizing Orthotics reduced low back pain in participants by 24.5%.

Arch Collapse and Back Pain
Most people develop strong, flexible arches in childhood. Over the long term, the repetitive stresses of daily life lengthen the connective tissues, causing a slow breakdown of the normal support for the bones and joints of the feet and a decrease in elasticity, eventually leading to a sagging of the foot's arch.

The foundation provided by the feet and legs must bear the weight of the entire body and considerably more during running and other sports. If there is insufficient or inadequate support from the pedal foundation, the spine will be exposed to abnormal stresses and strains that eventually develop into low back pain.

Excessive stresses on the spine can be the result of abnormal foot biomechanics, poor function of the foot/ankle complex, excessive shock transmission or leg length asymmetry. Recognizing and then responding appropriately to these factors separate the Doctors of Chiropractic from the spinal technicians.

FootLevelers.com | f | t | 800.553.4860

Plastic Deformation

How to explain to your patients the way the foot stretches. The foot is not a rubber band...

A Soft tissue in the arches is constantly under stress.

B Over time, that stress results in fallen arches (plastic deformation), leading to knee, back and even neck pain.

C By supporting the feet, orthotics help alleviate pain throughout the body.

It can be hard to find the thyme.

Exercise and Strength Training

Starting a fitness program is one of the best things you can do for your health

Department of Health and Human Services Recommends these guidelines:

- Get at least **150 minutes of moderate aerobic** activity a week
- Or get at least **75 minutes of vigorous aerobic** activity a week
- Strength training exercises for all major muscle groups at least two times a week
- Use a weight or resistance level heavy enough to tire your muscles after about 12 to 15 repetitions

• Benefits of regular exercise are astounding:

1. Maintaining a health blood pressure
2. Reducing harmful arterial plaque build up
3. Reducing inflammation
4. Reduce glucose (blood sugar levels)
5. Strengthens bones by increasing bone mineral density
6. Weight loss
7. Improved heart and lung health
8. Lower's risk of chronic disease like heart disease, certain cancers, diabetes...ext
9. Reduces depression

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Why don't tomato's join run clubs?

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NATIONAL Physical Fitness & Sports MONTH

Why Be Physically Active?

- IMPROVE energy and circulation
- ENHANCE cognitive function
- LOWER RISK of obesity, heart disease, type 2 diabetes, stroke, depression, and breast cancer
- HELP MAINTAIN a healthy body weight

The Impact of Inactivity

physical inactivity can be attributed to:

- 21-25%** cases of BREAST AND COLON CANCERS
- 27%** cases of DIABETES
- 30%** cases of HEART DISEASE

what kind?

Aerobic Exercises: cardiovascular exercise that increases heart rate and improves your health

Strength Training: use weights and resistance to build muscle and bone strength

how much?

Age 18-64: 150 minutes
30+ minutes 5 days/week

Age 65+: 75 minutes
25 minutes 3 days/week

Look for Opportunities to Add More Daily Physical Activity!

- Park in the back of the lot at work or school
- Get off the bus or subway one stop early and walk
- Walk the golf course instead of using a cart
- Play pickleball games with your family or friends
- Go to work during 15 or 30-minute breaks
- Start and end your day with stretching exercises



Because they can't ketchup.

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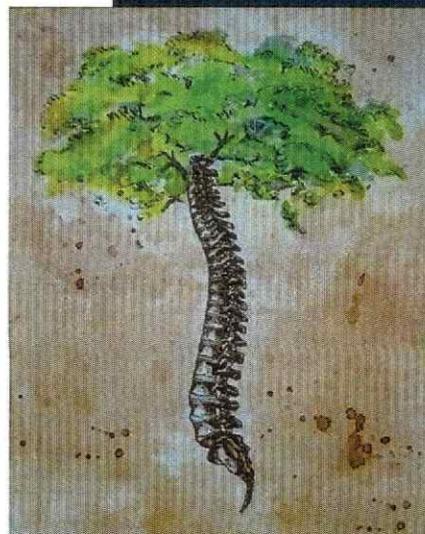
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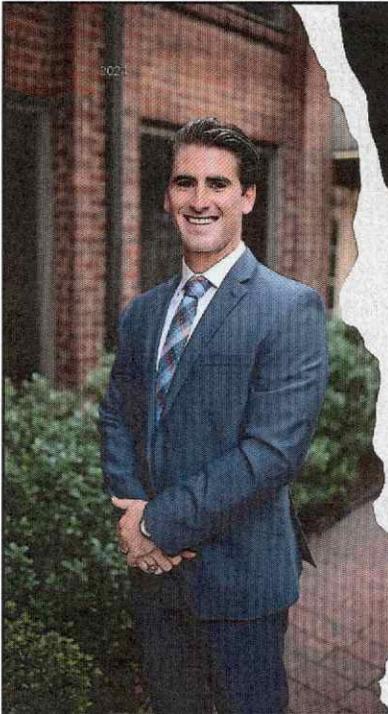
Sample Footer Text

Hydration

- One of the biggest things that I see in everyday practice of the general population is that people are **chronically dehydrated**
- Drinking the right amount of water is imperative to proper health and function
- Water Intake (X oz) = Total Body Weight / 2
- Water lubricates your joints of your body and the intervertebral discs in your spine
- Regulates your body temperature
- Protects your internal organs and spine
- Water rids your body of waste byproducts
- Delivers nutrients and oxygen to the cells and tissues of the body
- Improves sleep and mood
- Reduces Headaches



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In closing, incorporating these principles into your gardening routine, can reduce the incidence of pain and injury, allowing you to enjoy your gardening routine for years to come.

Remember to listen to your body, pace yourself, hydrate, take breaks, and use proper lifting techniques. If you experience persistent pain or discomfort, it is advisable to consult a healthcare professional such as a Chiropractic Physician like myself, who can provide personalized guidance and care!

Dr. Lee T Stafford DC
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 www.EquilibriumChiroNC.com



About Equilibrium Chiropractic:

Our vision: To create a partnership with our patients to achieve optimal health, vitality, and physiological equilibrium.

What we do: In our office, you will find a comprehensive approach to your care including non-surgical, non-medicated treatment options.

What we believe: We must change the narrative of health care by prioritizing whole food nutrition, movement, proper nervous system function and positive thinking.

What we treat:



Lower back pain

- Sciatica
- Bulging/Herniated disc
- Degenerative disc disease



- Whip Lash
- Nerve Impingement
- Headaches/Migraines



Arm/Leg Pain

- Strains/sprains
- Neuropathy
- Tendonitis

How we achieve results:

- Non surgical spinal decompression
- Cold Laser Therapy
- Neurogenx nerve stimulation
- Custom orthotics
- Spinal manipulation
- 2-day evaluation process
- Individual based treatment plans
- Nutritional recommendations
- Goal setting
- Utilizing movement

"The doctor of the future will give no medicine but will interest his patients in the care of the human frame, diet and in the cause of disease." -Thomas Edison