



Green Thumb?



Did you know ...

- Digging/transplanting can lead to back problems – from being bent over at the waist
- Kneeling too long can cause knee pain and injury, such as irritation of your knee's fluid sacs (bursa)
- Many gardening-related injuries can be avoided by taking breaks; wearing knee pads; using proper lifting techniques; using the right tools; and taking frequent breaks
- The secret to a healthy garden is a healthy gardener!

Did you know physiotherapy can help ...

- Reduce your pain from gardening-related injuries
- Rebuild your muscular strength & stability
- Teach you how to prevent injury or re-injury
- Get you back in the garden faster!



613-749-6868

**1257 Algoma Rd.
(off Star Top Rd. & Innes Rd.)**

www.finetouchphysio.ca



*Taking a step toward
optimal mobility, function and health*