



**We are a VA  
Participating Provider**

**WE ARE PROUD TO BE  
A VETERAN OWNED  
BUSINESS**

# **SPRINGTIME ACTIVITIES & FITNESS**

**INSIDE:** • Springtime Activities Physical Therapy Can Make More Enjoyable  
• Three Ways To Beat Spring Allergies • Ready To Get Started?



## SPRINGTIME ACTIVITIES & FITNESS

Springtime is here, and with it comes new beginnings, growth, and a chance to get started on reaching your fitness goals!

All of us have been stuck inside for months, so it goes without saying that now more than ever it's important to stay on top of your health and make sure you're engaging in activities that encourage you to get up and move. The weather is warming up, so it's a great time to "spring" into action and start doing the things you love again!

Sometimes, however, the fear of sustaining an injury can prevent you from leading a healthy and active lifestyle. If you're in need of assistance for improving your mobility, physical therapy can help. Contact Garber Physical Therapy today to schedule an appointment.

### How Physical Therapy Can Help You Become More Active For Springtime

According to the HHS, "More than 80% of adults do not meet the guidelines for both aerobic and muscle-strengthening activities, and more than 80% of adolescents do not do enough aerobic physical activity to meet the guidelines for youth." Finding the time or the motivation to exercise is difficult for many people, but with a season of renewal

right around the corner for us, it's important to know what your options are when it comes to getting into shape!

Physical therapy is not only useful for people recovering from an injury or surgical procedure. Garber Physical Therapy physical therapists are movement specialists who offer safe and natural ways of healing, as well as ways to improve your overall level of fitness so that you can enjoy physical activities this spring!

Our physical therapists can evaluate your current physical condition and assess your fitness level. Whether you're currently moving with assistance from a cane, walker, or orthotic device, or you're a serious athlete, physical therapy can help you increase your fitness level, reduce your chance of injury, and eliminate pain from sore muscles.

**Our therapists can also teach you the proper techniques for warming up before your chosen activity and the best post-workout stretches for an effective cooldown.**

Have pain that won't go away?  
We want to help you! Call us at  
864-583-6420 (Spartanburg) or 864-469-9936 (Greer)



1. *Feel free to call us and ask to speak to your therapist.*



2. *Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.*



3. *If further assessment is warranted, your therapist might recommend you come in for an appointment.*

Call **Garber Physical Therapy** to talk with your physical therapist today!

# Springtime Activities Physical Therapy Can Make More Enjoyable



A physical therapy program can increase your fitness level and help you make the most of your favorite activities! Some of the most common activities that physical therapy can help you enjoy more fully are running, gardening, biking, and yoga.

**Running** - Running can be hard on the joints, especially as we age. One of the most common injuries that keep people from running without pain are shin splints. These occur when there is pain along the large bone in the front of the lower leg, known as the tibia or shin bone. They are normally due to poor alignment of the body, or weakness in the leg muscles. A physical therapist can help make sure your joint health is up to par before you hit the trails!

**Gardening** - Gardening usually requires you to get down on your hands and knees in the dirt! Physical therapy can help you to relieve any knee pain you've been experiencing that may keep you from spending time outside tending your flowers, fruits or vegetables. Severe knee injuries often include bone bruises or damage to the cartilage or ligaments, which a physical therapist can identify and remedy.

**Biking** - Biking is a super fun activity people enjoy doing as it warms up outside! Similar to running and gardening, however, biking can also prove to be difficult if you're suffering from injuries that have not healed, or chronic pain conditions that restrict your mobility. Physical therapy can help to mobilize your joints and help you build up strength and endurance so you can continue taking those long bike rides through the park, mountains, or city streets!

**Yoga** - Yoga is a great way to gently increase your heart rate and improve your levels of flexibility. It also strengthens your muscles! Many physical therapy programs already incorporate stretches that are found in yoga routines, however, if yoga is your preferred method of fitness, a physical therapist can help ease chronic aches and pains that may be making yoga difficult for you. The better you feel about your abilities to do your stretches and poses, the more often you can take your mat outside to practice!

## Spring Into Better Health This Season

Garber Physical Therapy offers many types of therapeutic methods to help athletes and weekend warriors alike to participate in whatever fitness or outdoor activity they love the most. If you're interested in polishing up your physical abilities this season, call our clinic today to schedule an appointment.

<https://www.hhs.gov/fitness/resource-center/facts-and-statistics/>

**Call us today at (864) 583-6420  
or visit [GarberPhysicalTherapy.com](http://GarberPhysicalTherapy.com)**



## Strawberry & Banana Popsicles



- 1 pound strawberries, washed and stems removed
- 1 large, ripe banana
- 1/2 cup vanilla yogurt
- 1/2 cup milk
- sugar to taste (optional: let the fruit do the work instead!)

Add the strawberries, banana, milk, and yogurt to the bowl of a food processor or blender and blend until smooth. Taste and add sugar if needed, depending on the ripeness of your fruit and your taste preferences. Pour the liquid into popsicle molds (or even paper cups), insert the handles, and freeze until firm, generally overnight. Enjoy frozen the next day.

## How We're Keeping You Safe

- Everyone is wearing masks
- We are taking everyone's temperature
- Each patient is given a pair of gloves to wear during the duration of their appointment, so no hands are touching surfaces
- We are wiping down all equipment after each use
- In addition to wiping surfaces after use, 2x per day, we are sanitizing everything with Clorox solution
- Private rooms and areas are available
- We are practicing social distancing

# Three Ways To Beat Spring Allergies



- 1. Limit your time outdoors.** Each spring, trees release billions of tiny pollen grains into the air. When you breathe them into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, especially on windy days and during the early morning hours, when pollen counts are highest.
- 2. Get natural relief.** Some herbal remedies may help stave off allergy symptoms. More research is needed, but an extract from a shrub called butterbur shows promise. Biminne, a Chinese herbal formula with ingredients like ginkgo biloba and Chinese skullcap, may also help. One study found that people who took biminne five times a day for 12 weeks still felt the benefits a year later.
- 3. Tweak your home.** Simple changes make a difference. Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside.

Take off your shoes at the door and ask guests to do the same. That keeps allergens outside.

Finally, don't allow guests, or yourself, to smoke inside the home. It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.



## Ready To Get Started?

At the end of the day, Garber Physical Therapy is here to provide support to you, every step along the way. Our success is dependent upon your success, and we strive to create a warm, welcoming environment where you can comfortably heal.

If you are in the Spartanburg, SC or Greer, SC area, or any of the surrounding areas, and you are looking for relief, look no further. Garber Physical Therapy is here to help as one of the most favored South Carolina physical therapy practices.

Call our office at 864-583-6420 (Spartanburg) or 864-469-9936 (Greer) or visit us online at [GarberPhysicalTherapy.com](https://www.GarberPhysicalTherapy.com) to schedule an appointment with one of our physical therapists today. We will be happy to meet with you and create a treatment plan for your journey toward health, healing, and pain relief.

## Leave A Review! *We Make It Easy!*



GREER  
LOCATION



SPARTANBURG  
LOCATION

### INSTRUCTIONS

- 1. Open your smart phone to the camera app.**
- 2. Center the QR code above in the frame** (*this will take you directly to our Google Review Page.*)
- 3. Let us know how we did!**

## Did You Know?

### *We Can Also Treat:*

- Arthritis
- Auto Accidents
- Back Pain
- Chronic Pain
- Hand Pain
- Headaches
- Neck Pain
- Personnel Injuries
- Post-Surgical Rehab
- Sports Injuries
- Vestibular Pain
- Work Injuries