

IN TOUCH WITH LA PLATA PHYSICAL THERAPY & WELLNESS

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April 2011



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CULTIVATE YOUR HEALTH WITH GARDENING

Gardening can be a very rewarding experience when you see the results of your hard work. But before you start, try to do some general stretching exercises for all of the bending and lifting to come.

Upper body twist : Stand with your hands on your hips. Slowly turn your upper body as far as possible to the left for a count of 5. Turn to the right for a count of 5. Repeat 10 times. Keep it comfortable!

Upper body stretch: Stand with your back straight and arms to your sides. Stretch arms straight out in front of you and hold for a count of 5. Return arms to sides. Repeat 10 times. Also, stretch arms straight in back of you until shoulder blades touch. Repeat 10 times. Keep it comfortable!

Be Down to Earth!

If you must kneel, stand up and stretch frequently to avoid stiffness. Try knee pads to avoid pressure on the knees. Also, lean on your hands so that your arms will help absorb some of the weight.

When lifting item such as a bag of mulch, Be sure it is not too heavy. Divide the load when possible, or get help. Test the weight by lifting one corner, roll or push rather than carry.

Pull an object by placing your feet apart, bending your knees, and leaning away from the object. Pull by straightening your legs. Always face the object, and keep your back straight.

Gardening equipment should suit your size, build and physical capabilities. If you have arthritis in your hands, use garden tools with large handles. Long handles on garden tools ease the strain on an arthritic back.

The Pharmacist's Corner by Marty Pride R.Ph. Consultant Pharmacist

Spring is almost here! And with the season comes new growth to all the plants that we've missed all winter. The season also brings with it all the allergies that some of us have to plant growth, i.e. pollen. There are several medications available to treat allergy symptoms if you're one of the unlucky ones that suffer from them. The old stand-by (along with some side effects) is Chlor-tri-meton™. This does not require generic, chlorphenaramine. Although it works well, the drowsiness that it causes can be a large problem. Also in this category of antihistamine is Benadryl™ or diphenhydramine. To stay away from this side effect, there are several non-drowsy antihistamines available without prescription. They are Claritin™, and Allegra™. The Claritin™ is also available as the generic; loratidine. Another advantage of Claritin™ and Allegra™ is that they are only dosed twice daily. Both types of antihistamine also come in combination with a decongestant to help accompanying nasal passage swelling that frequently causes that "stuffed-up" feeling. A few antihistamines still require a prescription. They are non-drowsy Clarinex™ and drowsiness-causing Xyzal™.

Nasal sprays are also available; with and without prescription. Some sprays can cause "rebound congestion" – the delayed effect of becoming more congested after a period of time. Neo-Synephrine Nasal Spray is especially guilty of this.

As with any other OTC medication that you may take, always read the label and when you're not sure, check with your pharmacist or doctor.