



Enjoy Spring!

DON'T LET KNEE PAIN GET IN THE WAY OF GARDENING THIS SPRING!

Do you notice getting up and down seems to be more difficult and even painful at times? Are you concerned about all the work you have to do in your garden and how your knees will handle it? At Canyon Sports Therapy, our physical therapists have proven success in helping people with knee pain feel better to do what they love!

Gardening is one of the most popular activities people of all ages, and physical abilities enjoy worldwide. If you are someone that enjoys gardening, you understand that it can be physically demanding at times. Whether you are lifting or carrying or kneeling and bending over, the demands on the body can lead to pain and injury.

Anyone that gardens know that getting out in nature and the pure enjoyment of using your hands to get something to grow is worth the effort. Most gardeners don't know that your knees also benefit from the work!



At Canyon Sports Therapy, our physical therapists understand the importance of staying active for knee health. We will work with you to make sure you resolve any limitations you may have so you can get back in the garden and enjoy a pain-free season! Request an appointment today!

WHY GARDENING IS GOOD FOR THE KNEES

One of the biggest mistakes people with sore knees make is avoiding activity altogether. For years the message was, "if it hurts, don't do it." Unfortunately, this is one of the worst things you can do when it comes to the knees.

One of the most common problems gardeners deal with is knee osteoarthritis. In recent years, knee degeneration has been proven to be related to inactivity. Unfortunately, most people still believe the myth that using your knees will lead to more wear and tear of the cartilage.

Multiple research studies have concluded that keeping your thigh muscles strong and joints mobile is the foundation for the health of your knees.

The cartilage in our knees gets its nutrition through movement, and sedentary lifestyles cause more harm and damage to the knees than activity.

In addition, we have known for decades that muscles stay strong by using them. Resting and inactivity lead to atrophy and weakness in the muscles. The weaker the thigh muscles, the more pain, and dysfunction in the knee joints.

Too often, people think that if their knees hurt, they should avoid activity. Studies have demonstrated that gardening is one of the safest and most effective ways to improve the health and function of the knees!

Another common knee condition associated with gardening is prepatellar bursitis. The kneecap (patella) is protected by little sacs of fluid (bursa), which become irritated and/or inflamed from prolonged and/or repetitive kneeling.

The most effective solution to this condition is to prevent it in the first place. The easiest way to avoid this condition is to limit the time you are kneeling and use a pad to minimize the pressure on the knee cap itself.

Like osteoarthritis, the treatment of prepatellar bursitis is restoring any lost motion and strengthening the thigh muscles. At Canyon Sports Therapy, our physical therapists are highly trained at treating all types of knee injuries. Our assessments will identify the factors contributing to your pain/injury and help us provide the most effective treatment to resolve your issues and get you back in the garden sooner than later!

WHAT TO EXPECT IN PHYSICAL THERAPY SESSIONS

We will start with an injury evaluation and a biomechanical assessment to identify all the factors contributing to your pain. This will consist



See what results await you!

Call us today at (385) 220-9027

or visit our website at

canyonsportstherapy.com!



PATIENT SUCCESS STORY

"These guys have saved me from a second surgery! After an ACL reconstruction and months of PT I didn't have full range of motion in my knee. I had an improvement after one visit. John Feig helped me with my functional brace and noticed that it was defective within a minute of me wearing it.

That brace would've increased my risk of injury if I actually wore it skiing one day. So that's twice already that these guys have helped me big time. I will never go anywhere else. Thank you!" – A. C.



of a thorough history to understand more about the type of gardening you enjoy and the demands on the body required to perform the duties necessary.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques for the individual gardener.

Your physical therapist will then incorporate gardening-specific treatments, including modifications and proper techniques to assist you in a safe return to your garden so you can do what you love!

REQUEST AN APPOINTMENT TODAY!

At Canyon Sports Therapy, our physical therapists are experts at treating gardening-related injuries. We have proven success with treating gardeners of all ages and physical abilities. Call today to schedule an appointment with one of our specialists!

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CANYON SPORTS THERAPY

PHYSICAL THERAPY & SPORTS BIOMECHANICS

STAFF SPOTLIGHT

MEET DR. ANDY PROCTOR, DPT!

Andy recently joined our team when he moved back to his home state of Utah from Arizona where he started his career. He grew up skiing and snowboarding in Park City, UT, and then attended Dixie State University where he played football.



After serving a mission for the Church of Jesus Christ of Latter-Day Saints in Italy, he completed his Bachelor's of Science at Brigham Young University in 2017, where he walked on the BYU football team. He then completed his

Doctor of Physical Therapy at the University of Utah in 2021. His specialty areas include sports medicine with an emphasis on return to play, sports performance, and golf.

He also enjoys treating conservative and surgical orthopedic cases. He enjoys golfing, basketball, soccer, skiing/snowboarding, boating, and confusing his friends and family with his mixed Utah/ BYU fandom.



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OUR MISSION:

**TO RESTORE PHYSICAL ABILITY AND
BRING OUT YOUR INNER ATHLETE.**

WE ARE HERE FOR YOU!

Call Today!

(385) 220-9027

Fax: (801) 274-1180

CLINIC HOURS:

Monday-Friday: 7AM-6PM

Saturday: 8AM-4:30PM

www.canyonsportstherapy.com

We're Hiring!

**Our team is growing and looking for
Physical Therapists. Do you know
someone that might be interested?**

Send them our way!

Scan for details!



*"Dedicated to keeping Wasatch Front Athletes of all ages exploring
the limits of their abilities without pain or fear of injury."*