



**FOR IMMEDIATE RELEASE**

**Watch Your Back -- The Foundation for Chiropractic Progress Touches on Ways to Bend, Reach and Dig during Your Yard and Garden Workout**

*April is "Yard and Garden" Month for the Foundation for Chiropractic Progress*

**CARMICHAEL, Calif. – April 17, 2007** – As the final days of the winter begin to dissolve like cold weather and snow, more people are finding themselves outside planning and maintaining the layout of their home's yard and garden. The Foundation for Chiropractic Progress ([www.f4cp.org](http://www.f4cp.org)), a not-for-profit organization dedicated to increasing public awareness of the benefits of chiropractic, points to the important role of chiropractic care while working outdoors this spring.

"Back and neck injuries are very common during the spring month and people place stress and strain on their body while completing even the simplest of yard and garden tasks," says Gerard W. Clum, D.C., President of Life Chiropractic College West, Hayward, California, and spokesperson for the Foundation. "People are sometimes less active in the winter, so they are usually revved up to tackle their yard when warm weather hits. Overexerting yourself the first time out there can have painful results if not done properly.

The Foundation for Chiropractic Progress has created some pain avoiding pointers that can be applied to any level of outdoor activity. They include:

Properly stretch before any outdoor task;

- Bend with your knees and not your back and use your arms and legs while working;
- Ask family members or friends for assistance
- Consider using more ergonomically designed tools; and
- Always incorporate breaks while you fulfill your tasks.

"Some people will follow these suggestions entirely and they still may discover some type of discomfort in their back, says Clum. "A chiropractor can recommend manipulation for treatment of a lower back injury, recommend a spinal adjustment and offer other types treatment for strengthening your back and reliving any type of pain or tension you experienced during your yard and garden activities."

The Foundation for Chiropractic Progress supports all Americans in their quest for wellness. The Foundation's Health Seekers calendar is free and can be downloaded at [www.f4cp.org](http://www.f4cp.org), offering simple, fun and enjoyable action steps.

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## **About F4CP**

A not-for-profit organization, the Foundation for Chiropractic Progress (F4CP) embraces a singular mission to promote positive press for the profession in national, regional and local media. Through effective and ongoing initiatives, the Foundation's goal is to raise awareness to the many benefits provided by doctors of chiropractic. The F4CP relies upon strategic marketing campaigns that span prominent spokespersons, monthly press releases, public service announcements, and advertisements in high-profile media outlets. To learn more about the Foundation, please visit us on the web at [www.foundation4cp.com](http://www.foundation4cp.com) or call 866-901-f4cp.