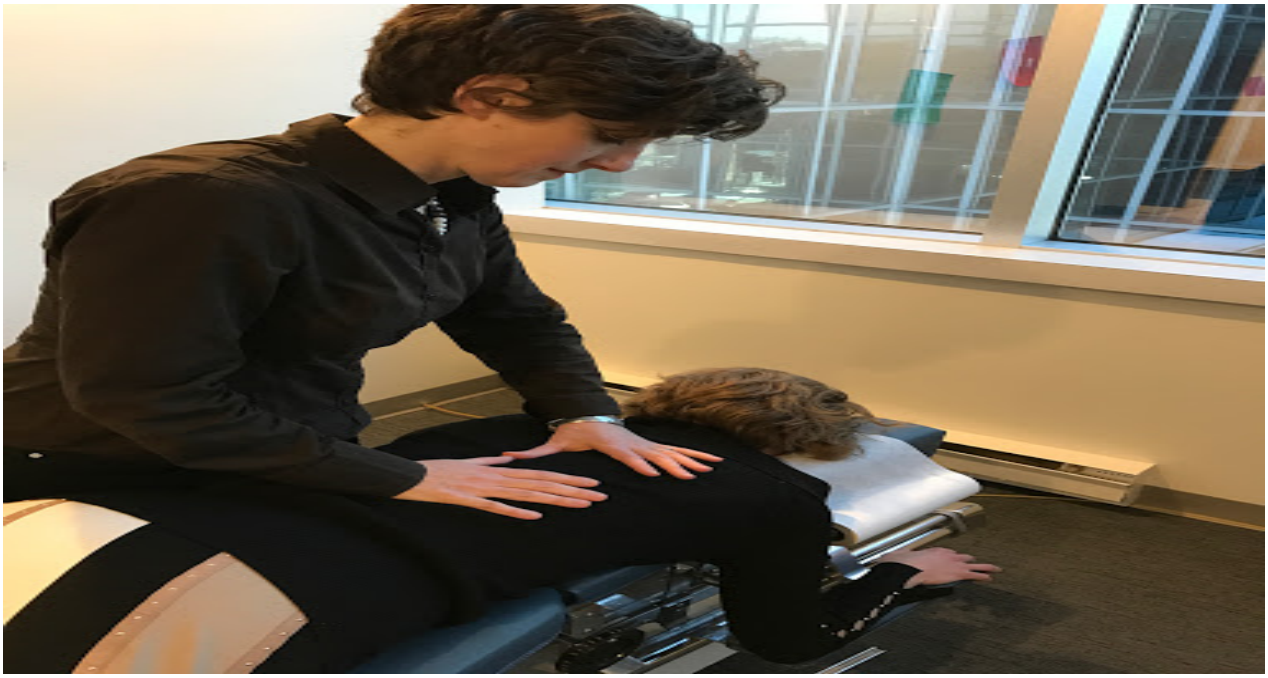


Toronto Chiropractor Shares Expert Advice to Protect the Back This Spring Gardening Season

April 15, 2026

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As warmer weather arrives and Toronto residents eagerly head outdoors to tend to their gardens, local chiropractor Dr. Byron Mackay of Transform Chiropractic in Toronto is sharing essential expert advice to help protect backs from common spring gardening injuries.

Gardening may appear to be a relaxing hobby, but repetitive bending, twisting, lifting heavy bags of soil, and prolonged awkward postures can place significant strain on the spine, leading to muscle tension, joint misalignments, and lower back pain. Dr. Mackay, a trusted Toronto chiropractor, emphasizes that many preventable back issues arise each spring from improper body mechanics during yard work.

?Spring gardening is a wonderful way to enjoy the outdoors and improve your home, but it?s important to treat it like any physical activity,? says Dr. Mackay. ?Using correct posture, taking frequent breaks, and warming up your muscles can make a huge difference in preventing pain and injury.?

Key recommendations from Dr. Mackay include using long-handled tools to minimize bending, kneeling on a padded mat instead of stooping, and alternating tasks to avoid repetitive strain on the same muscle groups. He also advises lifting with the legs rather than the back and maintaining a neutral spine position while raking or digging.

Proper hydration and stretching before and after gardening sessions are equally important. Simple dynamic stretches targeting the hips, hamstrings, and lower back can prepare the body for the demands of gardening and reduce the risk of stiffness or soreness the following day.

For those who already experience discomfort after gardening, Dr. Mackay recommends seeking professional chiropractic care promptly. Early intervention can address minor misalignments before they develop into more serious or chronic conditions.

When pain persists, Transform Chiropractic back adjustments with Dr. Byron Mackay provide targeted relief by gently realigning the spine, reducing nerve pressure, and improving overall mobility. These precise adjustments help patients return to their favorite outdoor activities without lingering pain.

Residents of Toronto and the Greater Toronto Area looking to enjoy a pain-free spring gardening season are encouraged to prioritize prevention and listen to their bodies. Regular chiropractic maintenance throughout the year can keep the spine resilient against seasonal physical demands.

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For more information about Transform Chiropractic, contact the company here:Transform ChiropracticDr. Byron Mackay416-604-4184transformchiro@gmail.comToronto West Professional Centre, 2425 Bloor St W #410, Toronto, ON M6S 4W4

Transform Chiropractic

Transform Chiropractic is an award-winning Toronto chiropractic clinic located in Bloor West Village. Dr. Byron Mackay and Dr. Elizabeth Viglasky have been helping patients with sciatica, neck pain and back pain for over 20 years.

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