

# TIPS FOR 'HEALTHY' GARDENING

## A FEW SIMPLE TIPS

1

Choose  
the best  
equipment

2

Prepare your  
body for the task:  
warm up &  
stretch

3

Teach you to avoid  
the most common injuries

## EQUIPMENT

Gardening gloves

Can protect the hands from thorns, splinters, blisters, and stubborn dirt.

A few small garden tools

Grip the tools to ensure that you can comfortably hold onto the grip while adding pressure to the working end.

Large garden tools

Ergonomically-modified handles can decrease the amount of force needed to get the job done.



## A PHYSICAL THERAPIST'S PERSPECTIVE

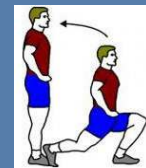
### STRETCHING IS ESSENTIAL.

- STRETCHING BEFORE AND AFTER GARDENING CAN HELP MINIMIZE MUSCLE IMBALANCES, PREVENT INJURY, AND IMPROVE YOUR ABILITY TO GARDEN LONGER.
- THE BEST TIME TO STRETCH IS WHEN MUSCLES ARE WARM AND RELAXED.

### BEFORE GARDENING: DYNAMIC STRETCHES



ARM SWINGS



LUNGES



LEG SWINGS

### AFTER GARDENING: STATIC STRETCHES

- NECK, SHOULDER, QUADRICEPS, HAMSTRING & CALF STRETCH



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# TIPS FOR 'HEALTHY' GARDENING

## Injury Prevention

Gardening can result in as many injuries as a number of sports. The repetitive tasks and positioning—sitting, kneeling or remaining bent over—are common causes that lead to injury.

- Use a gardening stool/pad for extended periods of weeding/planting or use raised beds to avoid excessive bending.
- Take frequent breaks to change your body's position.
- Remember common sense advice when lifting heavy items: use your wheelbarrow and use your legs, not your back.
- Keep your back in a fairly straight position and gently pull in your tummy muscles before lifting.

## GARDENING BODY MECHANICS

## RAKING

- KEEP YOUR SPINE STRAIGHT AND SHIFT BODY WEIGHT BACKWARDS.
- AVOID TWISTING MOVEMENTS WHICH PUT MORE STRESS ON SPINE.



## POSTURE

- KNEEL, USING PADDED CUSHION, TO GET AS CLOSE TO WORK AS POSSIBLE.
- PULL SHOULDER BLADES BACK TO REMOVE WEEDS.
- KEEP YOUR BACK STRAIGHT.

## SHOVELING

- KEEP YOUR SPINE STRAIGHT AND LIFT WITH YOUR LEGS.
- AVOID TWISTING MOTIONS AND PIVOT ON YOUR FEET TO DEPOSIT THE SOIL ELSEWHERE.



## PRUNING

- KEEP SHEARS IN FRONT OF YOU.
- AVOID REACHING TOO HIGH/FAR AND BENDING THE WRIST.
- SWITCH HANDS TO AVOID OVERUSE INJURIES.

## WHEELBARROW

- WITH ONE FOOT SLIGHTLY FORWARD, BEND KNEES, NOT BACK TO PICK UP/SET DOWN.
- DRAW BELLY IN.
- KEEP BACK ERECT WHEN PUSHING FORWARD.



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