

GARDENING TIPS

FACT

Back pain will affect over 85% of the population at some point during the course of their lives

Make it easier on your back...



- ◆ Carry several small loads of dirt/debris, instead of struggling with one large load
- ◆ Use leg muscles when rising from a squatted position and keep your back straight
- ◆ Use a step-stool to sit on in order to limit bending

FACT

The average gardener spends 3 hours in their garden at a time

Select the right tools:

- ◆ Purchase a watering can with a long spout to allow access to your plants without having to lean over
- ◆ Consider using knee pads or portable cushions to protect your joints when kneeling



FACT

Burning of the skin can occur within 15-30 minutes of direct sun exposure



Sun Protection...

- ◆ Garden early in the morning or late in the day
- ◆ Remember to use sunscreen and drink plenty of fluids
- ◆ Wear a hat to reduce dehydration and burns to the top of the head

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Stretches for Gardeners

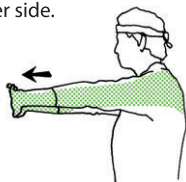
ARMS

With hands clasped together, raise your arms above your head. Turn your wrists and have your palms facing upwards. Gently push your arms back slightly behind your head. Hold for 10 seconds and repeat.



While standing straight, raise left arm above head and bend slowly to the right. For an extra stretch, place your right hand on your bent left elbow and gently pull towards the right. Hold 10 seconds and repeat towards other side.

Clasp hands in front of body. Straighten elbows and extend arms directly in front. Rotate wrists so palms are facing away from you. Hold 10 seconds and repeat.



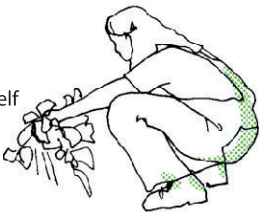
BACK & LEGS

While standing, step forward with your left leg. Gently lean forward by bending the left knee, keeping the right leg straight and heel on the ground. Hold for 10 seconds and repeat with other leg.



With your left hand on a wall for support, use your right hand to grasp your left ankle. Gently pull your heel toward your buttocks. Hold 10 seconds and repeat with other leg.

Slowly bend your legs and lower yourself into a squat position. Gently reach forward with your arms in front of you. Hold for 5 seconds and repeat.



Please consult your healthcare professional prior to commencing any exercise program