



Physical Therapy and Your Health

Brought to you by Capital Physical Therapy



PREVENTING GARDENING INJURIES

The warm weather is here! That means that we are all anxious to get out in the yard and do some cleanup and gardening.

The following information includes some simple suggestions to help make your gardening more enjoyable and injury free:

- **Warm up first**

A simple walk around the yard can help to prepare your muscles and joints to work in the garden.

- **Stretching (before, during, after)**

There are several injuries that can be associated with gardening, the most common being lower back pain. Performing back bends while standing will help to counteract all of the bending that is typically done while working in the garden. It will also help to reduce the stress on your back.

- Place your hands at the base of your spine, palms in and fingers pointing towards each other. Gently bend your trunk backwards, knees straight, applying gentle counter-pressure forward with your hands. Repeat 10 times.
- Alternative stretch – pressups
Lie on the ground, face down. Place your hands in a “push up” position. Using your arms, arch your back and leave your hips resting on the ground. Repeat 10 times.



- **Avoid excessive bending (flexion) of your spine**

Next time you weed the garden, try kneeling instead of bending. Frequency of bending can play a large role in back pain. Kneel whenever possible to minimize the stress of repetitive and sustained flexion.



- **Keep moving**

Avoid sustained positions. Change your position frequently to avoid prolonged stress.

- **Remember the basics of lifting**

Utilize proper body mechanics by:

- Lifting with your legs
- Keep the object close to your body
- Maintain a “neutral spine” position (Avoid flexing at the lower back)
- Ask for help when lifting heavy objects

- **Rotate your gardening tasks to avoid too much repetition**

Instead of raking for 3 straight hours, try to alternate your gardening tasks. For example, try raking for 30 minutes, then planting 30 minutes, followed by pruning etc. This will help to minimize the stress of repetitive activity.

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The Road to Recovery Begins Here

For more information please call us at 224-3511

We are located at 15 North State Street, in Concord, at the YMCA

Appointments Available Within 24 Hours

Personalized One-On-One Care

Focusing Primarily On Orthopedic Cases With A Special Interest In Back And Neck Injuries

(Utilizing The Mckenzie Method Of Diagnosis And Treatment)

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