



go!physiotherapy
SPORTS + WELLNESS CENTRE

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Garden pain free

A little at a time

We physiotherapists see as many gardening injuries as sports injuries! Gardening is strenuous, so do the heavy jobs a bit at a time. This allows your body to adapt to the activity. A runner trains before doing a marathon-so should a gardener!

Bend with your knees, not your back

Avoid large twisting movements. Turn your whole body, moving your feet. Sit on a stool when weeding to avoid bending from the waist.

Vary the tasks

The body doesn't like prolonged positions. Move into a different posture before the aching starts. Alternate crouching with upright positions.

Shorten the reach

Prolonged overhead reaching makes the shoulder tendons and the back vulnerable to injury. Keep your elbows bent. Stand on a ladder to work at chest level, and get as close to the hedge as you can. Take time to position the ladder safely-we see a lot of gardeners who have fallen off ladders!

Select good tools

Keep clippers sharp to avoid strain. When shoveling, step onto the blade, using body weight, not arms, to lift soil. Use the lightest shovel, with the smallest blade that will do the job. If your knees or hips hurt, use long handled tools.

Call us if you have any questions!

we get you going!