

Did you know...

Gardening has many health benefits, such as:

- Increases Vitamin D exposure
- Decreases risk of dementia
- Fights stress
- Is an enjoyable form of exercise
- Strengthens bones, muscle and joints
- Enjoyable activity to do with family and friends

How Physiotherapy Can Help

Physiotherapists are able to help people of all ages and lifestyles to:

- Increase mobility
- Relieve pain
- Build strength
- Improve balance and body function
- Manage injuries and prevent their future onset

These helpful tips are brought to you by...



Saskatchewan
Physiotherapy
Association



UNIVERSITY OF SASKATCHEWAN

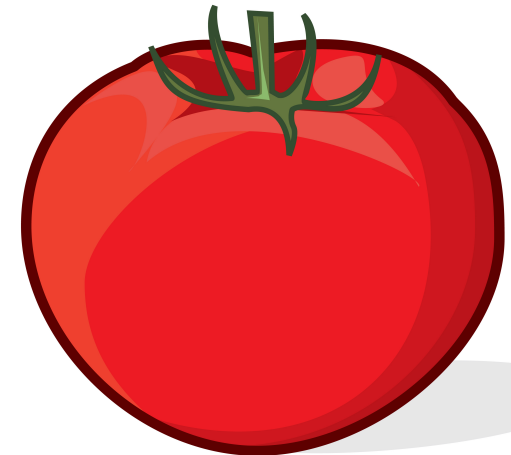
School of
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COLLEGE OF MEDICINE
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Having trouble with an injury?
Find a local Physical Therapist in
your area today at

<http://saskphysio.org/find-a-physiotherapist>

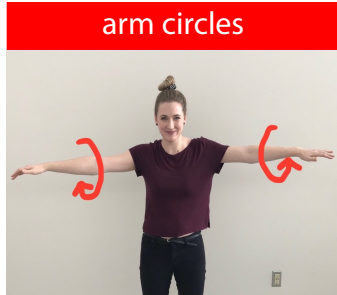
Feeling
GOOD
From my Head
TO-MA-TOES



**How to Stay Healthy During the
Gardening Season**

Before Gardening...

It is important to stretch before, during and after gardening to help keep your joints mobile and muscles flexible.



arm circles



trunk rotation



toe touches

Remember:

- Stretch slowly and gently
- Do each stretch 2-3 times
- Hold each stretch for 10-15 seconds
- Do not jerk or bounce in the stretch

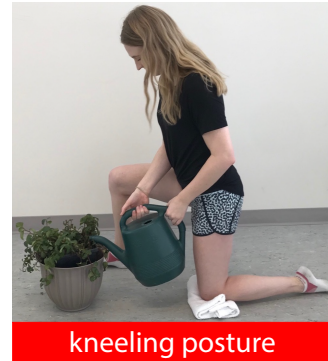
During Gardening...

Minimize impact on your body by:

- Maintain good posture. Making sure your back is straight will reduce fatigue and pain.
- When lifting a heavy object, bend with your knees NOT your back
- When kneeling, be sure to alternate regularly. Kneel on a soft surface if available.



lifting posture



kneeling posture

When using tools:

- Make sure you have a proper tool grip (i.e. non-slip grip)
- Forearm braces are available to reduce stress on wrists
- Pick tools with long handles to reduce bending
- Use gardening gloves to help with overall support

Injury Management

Potential injuries to be aware of during the gardening season include:

Knees

Prolonged kneeling can lead to pain and/or injury

Shoulders

Poor posture, lack of stretching, and over-use can lead to pain and/or injury

Back

Repetitive use and poor posture can lead to pain in the lower back or neck

Joint Health

May occur with improper lifting, overuse, and lack of stretching.

Ways to Manage/ Prevent an Injury

- Break up heavy loads into smaller ones
- Avoid carrying objects in awkward positions
- Take breaks in between tasks and projects
- Keep hydrated before, during, and after gardening