



10 Pain-Free Gardening Tips (Part 1)

From Melinda Myers, Professional Horticulturalist and Gardener



1

Elevate your Garden

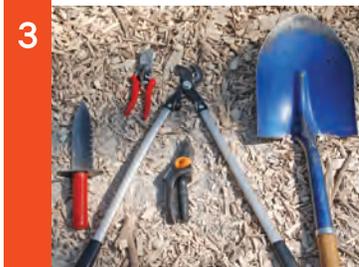
- Raise garden beds
- Use containers
- Go vertical



2

Buy ergonomic tools

- Bigger, softer handles for extra grip
- Ratchets for easier power



3

Sharpen pruners & shovels

- Keep tools sharp for pruning through branches and digging into hard soil



4

Protect knees with pads

- Use portable knee pad or wrap around knee pads



5

Get to pain early!

- If you DO have pain, take care of it right away, so it doesn't get worse*
- (Omron electroTHERAPY unit, ice, heat, creams)



6

Use a garden bench

- Handles help you get up and down
- Raised seat prevents over-bending



7

Wear gloves

- Keeps hands warm and protects them from injury



8

Warm-up your muscles

- Do lower back exercises (see OmronPainRelief.com)



9

Move heavy loads with ease

- Use saucer-shaped sled or wagon
- Carry smaller increments



10

Make a portable tool kit

- Carry tools in a wheeled golf bag or shopping cart

For more info: OmronPainRelief.com

General pain topics: OmronPainRelief.blog.com

* Consult with your healthcare provider about your pain and therapy.



Gardening Tips for Lower Back Pain

(Part 2)



Exercises and proper posture recommendations are brought to you from two healthcare providers with more than 40 years of experience:

- Dr. Rajive Adlaka, Board Certified in Anesthesia and Pain Management
- Jeffrey Mannheimer, PT (Physical Therapist), Ph.D, Co-Author: Clinical TENS, F.A. Davis, 1984

WARM UP BEFORE GARDENING



Lower back curl #1

Lower knees gently to the left, then right, touching floor if possible.



Lower back curl #2

Move left knee to left shoulder, then to right shoulder. Repeat on right.



Gentle Back Stretch

Place palms at spine so you don't bend back too far.

PRACTICE PROPER POSTURE



Lifting

Bend at knees with straight back. Keep object close to body.



Bending forward #1

Instead of bending over while standing, put knee on floor, & other one bent in front.



Bending forward #2

With knees on pad, keep neck normal & back straight, let one hand hold you steady while the other gardens. Switch hands.

CONSIDER DRUG-FREE PAIN RELIEF THERAPIES



Both heat or cold can work. Use cold if you have swelling.



Used by physical therapists for 30 years, electrotherapy is safe & effective with no side effects.



Massage therapy
Acupuncture Physical therapy
Chiropractor



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General pain topics: OmronPainRelief.blog.com