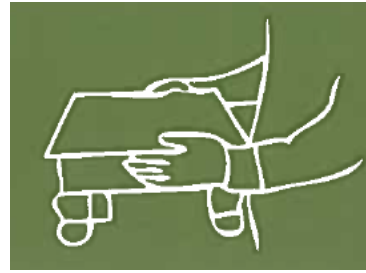




### BENDING

Avoid excessive bending and reaching at the waist. Keep the work at a comfortable height so things are above the hip and below the shoulder level.



### HOLDING

Hold with thumbs up, wrists straight.



### LIFTING

Squat down, bend at the hips and knees, push the buttocks out. Hold objects as close to you as possible. Do not bend at the waist.



### STANDING

When standing for long periods, put one foot on a low stepstool to take the pressure off your back.



### TURNING

Rotate your whole body, with your toes pointing towards the direction of movement. Do not twist your back.



### CARRYING

Carry the tray of small plants on your forearms. Do not lift with your fingers.



### PUSH VS. PULL

Whenever possible, push rather than pull.



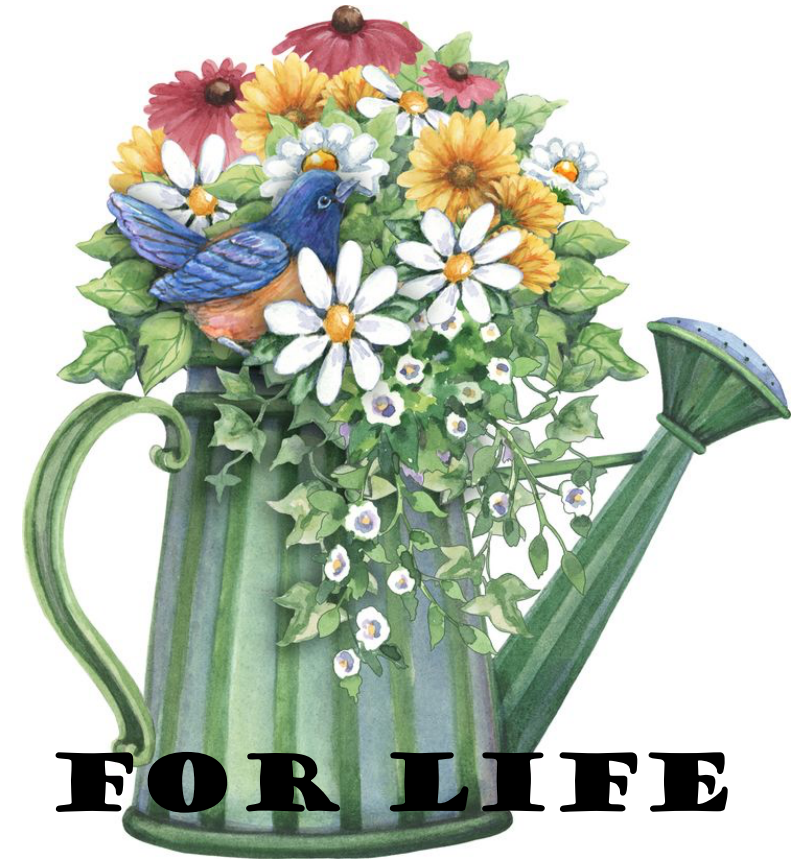
### USING TOOLS

Always use your hands towards your thumb, never towards your little finger.

# Gardening Exercises and Body Mechanics

*Please consult with your healthcare provider about any questions regarding your ability to participate in these activities.*

## GARDENING



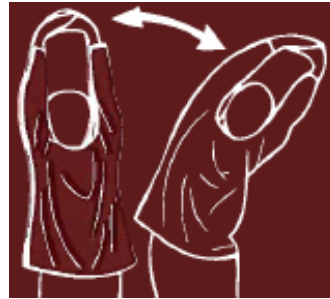
## FOR LIFE

Proper stretching and tool use is essential before venturing into your garden!



### NECK EXERCISE

Turn your head to the right as far as you can and hold for 5 seconds. Then, turn your head to the left as far as you can and hold for 5 seconds. Repeat 5 times.



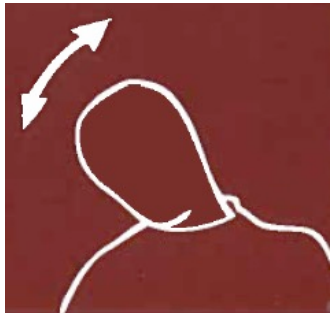
### SIDE BEND

Grasp your hands above your head and bend slowly to the left, down towards the ground. Hold for 5 seconds, and repeat on the opposite side.



### HAMSTRING STRETCH

Stand straight; place one foot on a step. Keeping your back straight, lean body forward from the hips and hold for 5 seconds. Return to the starting position and repeat using opposite leg. Repeat 5 times.



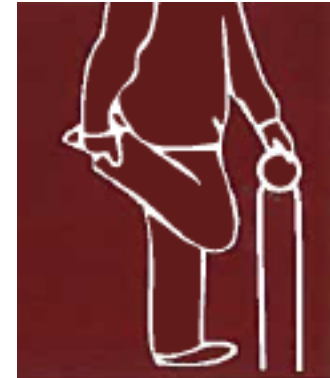
### NECK EXERCISE

Slowly bend your right ear towards your right shoulder and hold for 5 seconds. Bring up straight. Slowly bend your left ear towards your left shoulder and hold for 5 seconds. Repeat 3-4 times.



### TRUNK ROTATION

Sit in chair with feet on the floor. Clasp hands together in front of you with arms at shoulder level. Rotate your upper body as far to the right as possible and hold for 5 seconds. Return to center and repeat exercise for the left side. Repeat 5 times.



### HIP KNEE STRETCH

Stand straight; bend one knee, holding your ankle or foot. Pull the heel towards your hip till the stretch is felt in the thigh and hold for 4 seconds. Repeat for the other knee.



### SHOULDER EXERCISE

Stand straight. Clasp hands behind head and stretch arms back. Hold for 5 seconds and repeat.



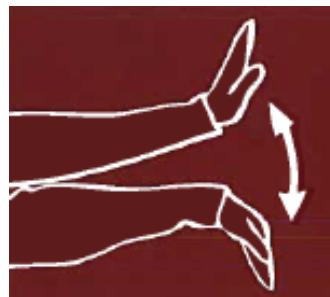
### HAND EXERCISE

Relax your hands first. Hold your hand up; now smoothly bend the end and middle joints of your fingers down, keeping wrist and knuckles straight. Return to the starting position and repeat 5 times.



### SHOULDER EXERCISE

Stand straight. Bring first arm across your chest. Use the second arm to pull it towards you. Hold the stretch for 5 seconds, and repeat for the other arm.



### WRIST EXERCISE

Bend your wrist forward as far as you can. Bring your wrist back to a straight position and move your wrist back as far as possible. Repeat 5 times.

A special thanks to GT Creative, publisher Lee Golden, the Arthritis Foundation, and the Wisconsin Department of Health for partnering with us to provide this information through the use of content and graphics. ©2010 All Rights Reserved. With exception of the cover, Graphic Design by Ryan Danhieux and Kari Braden.

*This publication is provided by the Lifelong Gardening Project of Southeast Wisconsin Master Gardener volunteers (SEWMGs) and University of Wisconsin-Extension, Milwaukee and Waukesha Counties. This information should not be construed to replace the medical advice offered by your own physician.*



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