

# Gardening

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It's a Growing Pain!

I am feeling good. I can clear this garden of weeds and plant those veggies in 60 minutes!

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- Set short term goals
- Take breaks
- Hydrate





It's all fun until you pull a hammy!

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# Weeding

It's a tug of war destined to end badly

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# Peaceful



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# Prolonged Posture leads to...

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# Low Back Pain

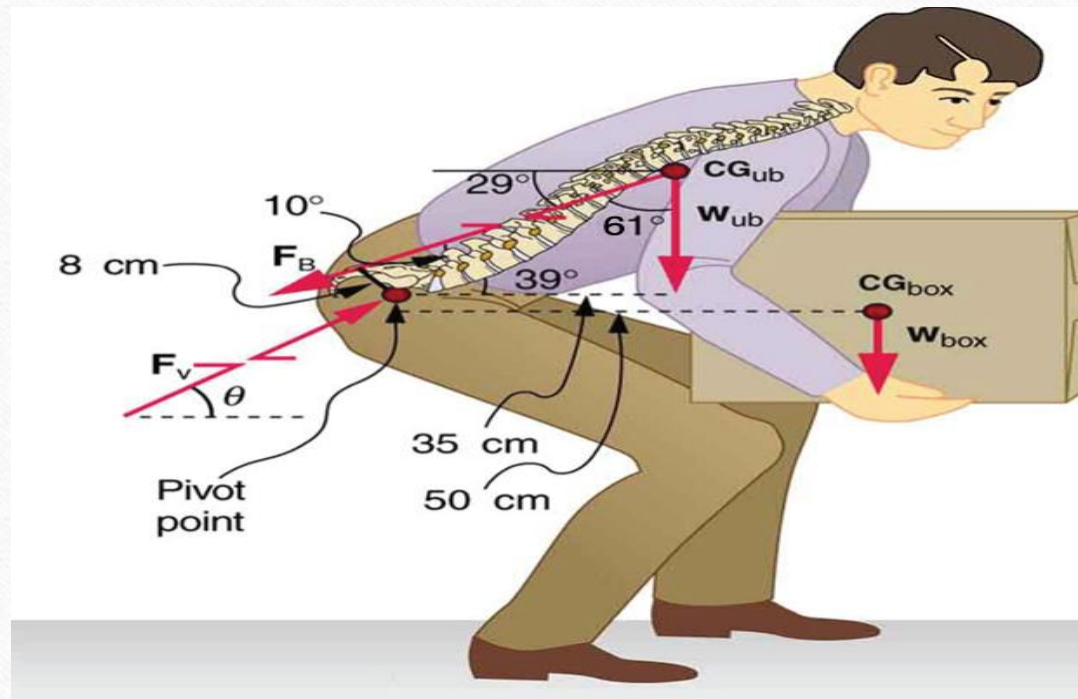
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After this presentation you will be able lift like  
this pain free....Not!



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# Diagonal Lift

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# Golfer's Lift



# Muscle Strains

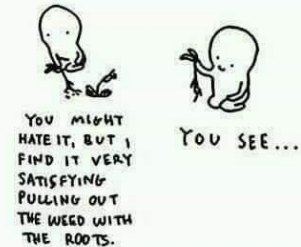
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- Let's Face it. Gardening does not fall under the aerobics category
- Prolonged static posture can be tough on a weak core and even tougher on the spine
- Weak hips, lower abdominals and age can be a precursor to injury



# Neck Injuries

- “ I am just going to reach and pull that ##### weed by the fence.....



# Wrist and Hand injuries

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“I think that I let that Ivy go a little too long”

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# Sport/Task Specific Training

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# When Stretching....

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- Warm Up
- Hold 20- 30 seconds
- Breathe
- Don't Bounce
- 2-3 repetitions



## CERVICAL PAIN

# 1



### Wall Wash (Sagittal Plane)

Stand six inches from a wall with feet shoulder width apart and toes pointed straight ahead. Place your hands on the wall and reach up with your right arm to a point directly over your head as you shift your weight to your right leg. You should feel a stretch on your right side. Return to the starting position and slide your left hand up the wall to a spot over your head as you shift your weight to your left leg. Alternate right and left for 2 x 12 repetitions.

# 2



### STEMS

Sit to the front of your chair with your back straight and chest up tall. Lightly cross your arms in front by grabbing the opposite elbow (like a genie). Do the following 6x each:  
Lift your arms over your head and then lower them down.  
Lift your arms over your head and bend from side to side.  
Lift your arms over your head and turn right and left.

# 3



### Tubing 90/90 Pull

Stand with feet hip width apart and toes pointed straight ahead while holding tubing tied in front of you at shoulder level. Pull back your right arm so that your shoulder forms a 90° angle and your elbow is bent 90°. Allow your trunk and shoulders to turn as you pull your hand past your ear. Shift your weight to the right leg. Return to the starting position and repeat with the left arm. Alternate right and left arm pulls for 3 x 12 repetitions.

# 4



### Sidelying Angel

Lie on your right side and bend your hips and knees up to 90°. Hold your knees together using your right hand and let your left shoulder blade drop towards the floor with your arm outstretched. Slowly move your left arm in an arc up towards your head and then down by your side.

# 5



### Foam Roll Shoulder Flexion

Lie supine on the foam roll with your head resting at the top; knees bent with feet on the floor. Holding a 3 lb weight in each hand, flex one arm and reach behind your head to touch the weight to the ground. Keep your elbow locked straight and arm near your ear. Return that arm to your side and flex the other arm in the same pattern. Perform alternating movement 3 x 12 repetitions.

# 6



### Triangle

Stand with your feet 3-4' apart, toes straight ahead, arms out to a "T". Inhale and turn your right foot to the right. Exhale and bring your right hand towards the right big toe while the left hand points up toward the ceiling. Inhale and look up towards your thumb. Take 5 deep breaths in this position. Following your last exhale, inhale and return to the upright position. Repeat to the left side.

# Levator Scapulae Stretch

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# Hamstring Stretch

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Seated Hamstring Stretch



# Calf Stretch

**Gastroc Stretch on Wall**





# Cat

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Cat Cow



# Reach for the sky

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**Quadruped Full Range Thoracic Rotation with Reach**





# Shoulder/Core Strengthening

Quadruped Alternating Arm Lift



# Bird Dog

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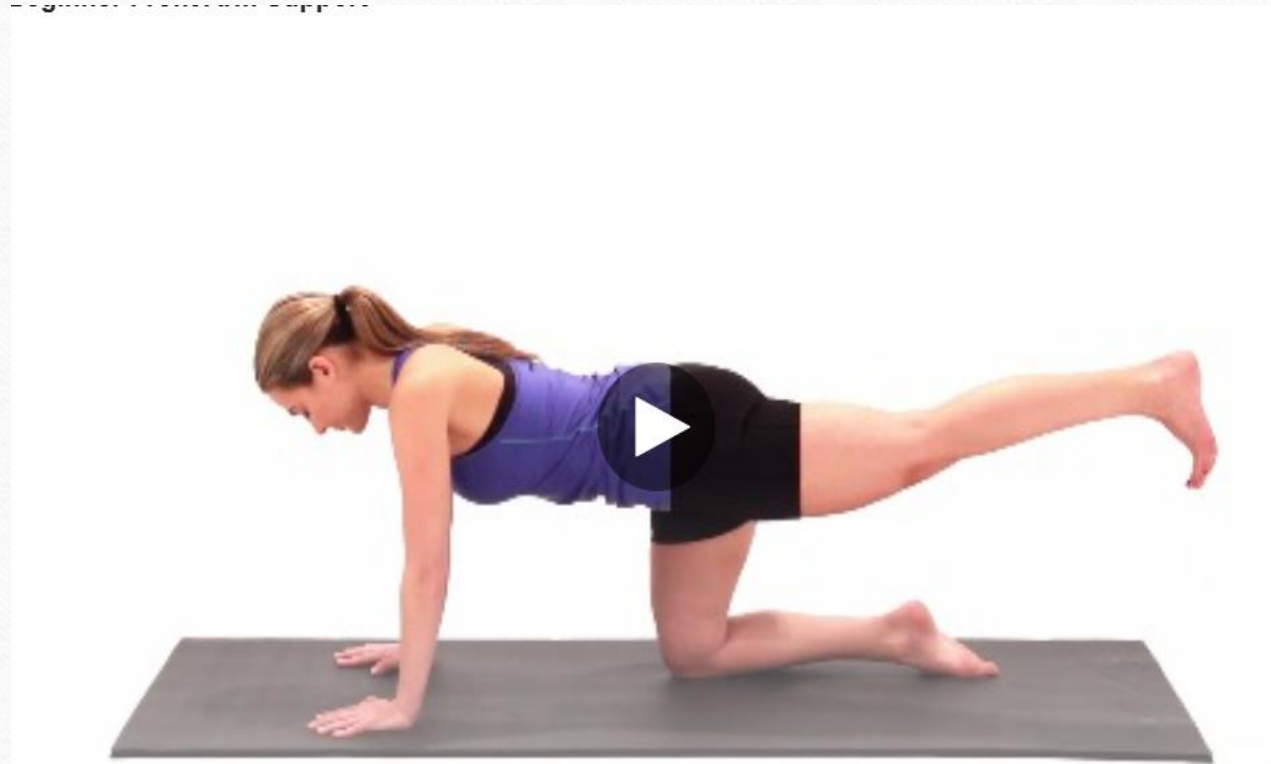
Bird Dog





# Hip Extension

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# Ball/Chair Stretch

Seated Flexion Stretch with Swiss Ball



1x  
Daily

Ins

Set

Mov

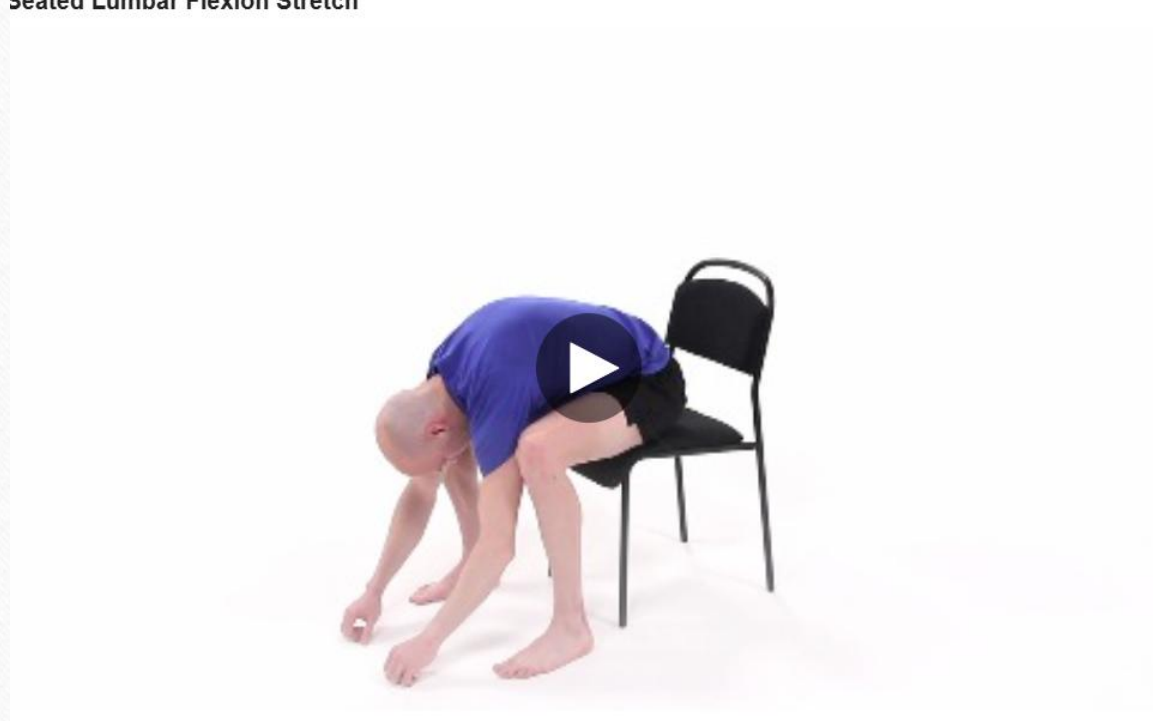
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# Ah...Low Back Stretch

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Seated Lumbar Flexion Stretch



# Hip Hinge

**Forward T with Counter Support**





# Row/Weed Pull

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# Wall Squat

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Wall Squat

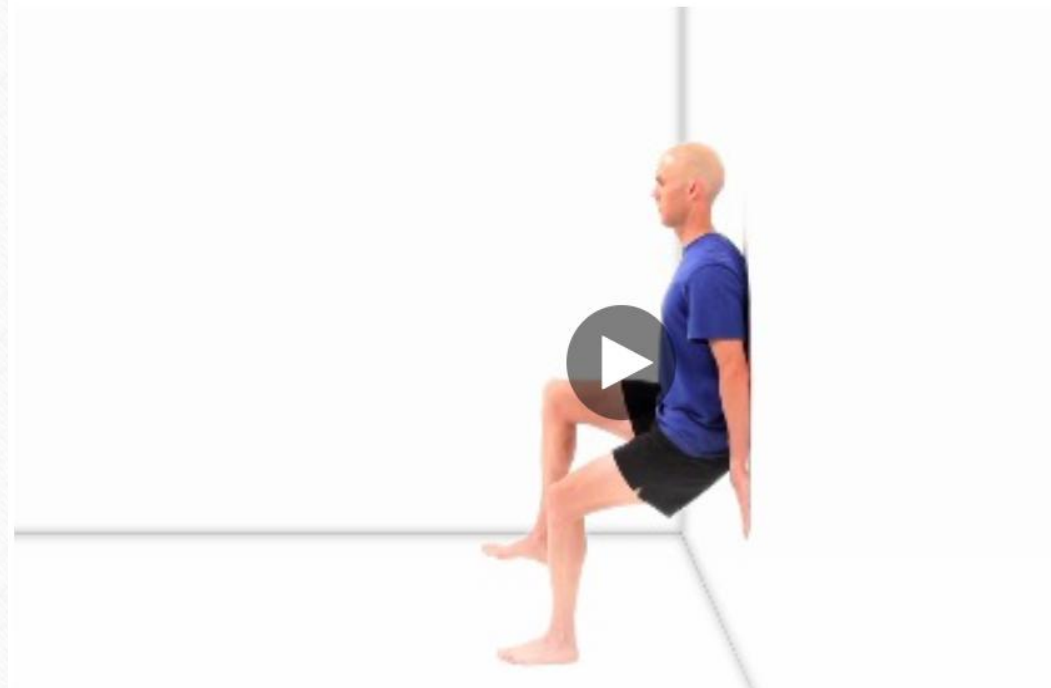




# Wall March

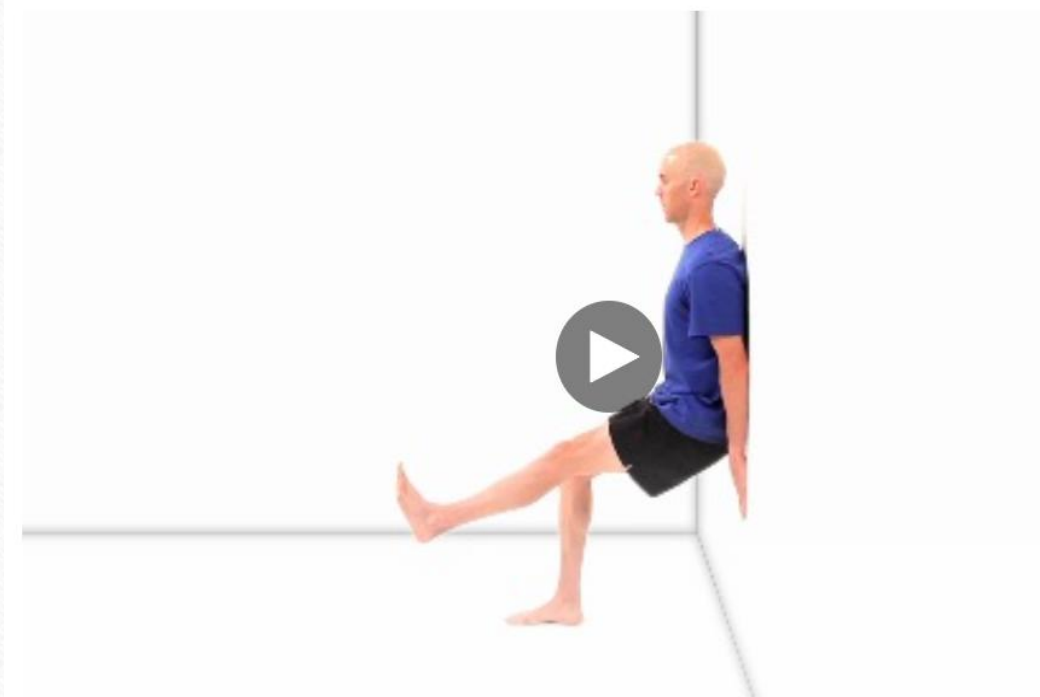
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Wall Squat with Leg Lifts



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### Wall Squat with Leg Extensions





# Wrist Flexor Stretch

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Wrist Extension Stretch at Wall



# In Summary

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- Stay active year round with aerobic based exercise
- Add in resisted or body weight strengthening
- Work on postural control which may include yoga or core strengthening with pilates
- Plan your gardening activity with appropriate postural breaks