



# 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](http://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](http://OmronPainRelief.com)

General pain topics: [OmronPainRelief.blog.com](http://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



For more info: [OmronPainRelief.com](http://OmronPainRelief.com)  
General pain topics: [OmronPainRelief.blog.com](http://OmronPainRelief.blog.com)