

Gardening Tips --- You got to change your injuring ways--baby!

Suggestion—stretch legs, back, arms before and after working outside.

IN ALL THINGS REPETITIVE ---- VARY YOUR ACTIVITIES

When raking – use a “scissors” stance: right foot forward and left foot back for a few minutes, then reverse, putting your left foot forward and right foot back. Stand as straight as possible and keep your head up as you rake or mow.

Rake from BOTH directions—not just one. Limit the time to an hour?

Sticks/branches – try and rake them into piles, not picking up singly. Pick them up with wide stance and flat back.

Bend at the knees, not the waist. Make the piles small to decrease the possibility of back strain. Kneel on a pad.

Use clippers --- 30-45 minutes then do something else. After give yourself a little stretch & massage to hands/arms

Wear supportive shoes – Your feet will send better signals to your spine

Outdoor equipment – again limit your time especially if using a blower or edger. Muscles fatigue and then go into spasm.

Shoveling dirt or snow – shovel straight ahead. Avoid sudden twisting. Step with feet instead of twisting the body. Bend your knees to lift when shoveling. Let the muscles of your legs and arms take some of the strain of shoveling off your back.

After outdoor work -- ice where you are achy. Stretch again after you're finished.

If you have a pain and it does not resolve in a few days, give us a call

Along with Chiropractic I also can help you with Turmeric, CBD, Fish Oils and more to control inflammation, even for acute pain.

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