

The right moves

Using the right moves can go along way to enabling you to plant and rake without the ache. Positioning your body correctly reduces strain on muscles and joints. So use these tips to enjoy the fruits of your labour for years to come.



Lift Right

Make sure your back is straight. And always bend your knees. Carry the load close to your body. Avoid heavy lifting immediately after bending or kneeling.



Alternate

Heavy. Light. Heavy. Light. That's the right way to handle those chores.

Change Hands

Take the strain off by changing the position of your hands.

Check Your Position

And change it often. Kneel. Then stand. Or simply sit and relax for a while.

Kneel to Plant

Use knee pads or a kneeling mat to reduce the strain while you plant and weed. Keep your back straight and stop frequently to take a break.



Rake Right

Ease the strain on your back by putting one leg in front, the other behind. Switch legs and hands from time to time.



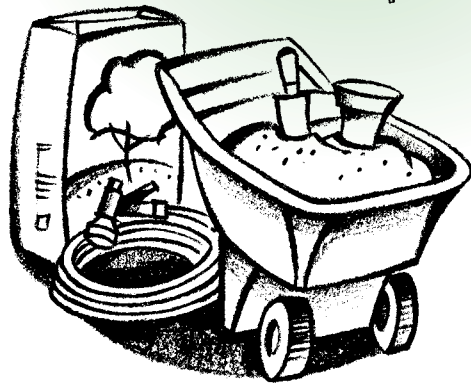
Ontario Chiropractic Association
Association Chiropratique de l'Ontario
1-877-327-2273
www.chiropractic.on.ca

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The right tools

Choose tools that are ergonomically designed, with padded handles and spring action. Make sure the size and weight are right for you. And always choose the proper tool for the job. Here are a few more tips to lighten your load:

- a hose is easier to manage than a watering can
- a good cart, or dolly, makes moving heavier loads a breeze
- a wheelbarrow that is lightweight and has two wheels is a good idea
- separate a larger load into several small ones
- select comfortable, thick soled, supportive shoes
- cover up with a wide-brimmed hat, wear gloves and sunscreen
- use ergonomically designed, long handled, lightweight tools



Have the right tools for the task at hand
Ensure you drink plenty of fluids
Alternate between light and heavy jobs
Lift correctly
Take frequent breaks
Heavy loads should be shared
Your feet should be protected with thick soled supportive shoes

Before you start, warm-up your muscles
Avoid muscle strain, learn the right techniques
Change positions frequently
Kneel to plant and weed
Spinal check-ups can help keep your back healthy

Take Care of Your Back

Back or muscle pain that lasts longer than 48 hours is your body's way of saying it needs help. See your chiropractor.

Chiropractors are trained to detect and treat spinal problems. They provide expert care for your back, muscles and joints, helping you enjoy life to the fullest.



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