

TOP TIPS TO WEED OUT BACK PAIN

Even a simple task such as pulling weeds can be hard work for the back. A beautiful garden is amazing but the strain of gardening can aggravate existing injuries or cause new ones to sprout up. Don't let aches and pains become a thorn in your side by following these easy tips.

1. **Get a handle on it.** Use tools with long arms to avoid having to bend over.
2. **Wheel it.** Use a wheelbarrow to move heavy items. Backs prefer pushing over pulling.
3. **Take a seat.** Try using a stool or mat to sit on to alleviate back and knee pain.
4. **Move around.** Change positions frequently to avoid aches and pains.
5. **Work upright.** Bring potted plants to waist height by placing them on a table.
6. **Pad up.** Use heavy-duty knee pads to protect your knees in a kneeling position.
7. **Avoid twisting.** Move your whole body rather than rotating through the spine.
8. **Engage your core.** Squeeze your abs while in a bent-over or twisted position.
9. **Keep limber.** Stretch your back, hamstrings and shoulders before + after gardening.
10. **Water yourself.** Staying hydrated is an important aspect of injury prevention.



**AVOID A
THORN IN
YOUR SIDE**

