

PREVENTING BACK PAIN IN GARDENING



Gardening is often considered a gentle pastime but it does bring a surprising amount of people to our clinic door. There are a few reasons behind this so here are some top tips to prevent issues.

Firstly, warm up. Treat gardening like any other form of exercise and loosen up beforehand. Maybe walk a few gentle laps of the garden to get some circulation in the muscles and then do some gentle stretches to loosen up the leg and back muscles. It is always a good idea to have a "cool down" regime of a gentle walk at the end and stretch off once more.

Thirdly, take regular breaks and rotate what you do. Back strain can come from heavy lifting but often comes from repetitive actions or prolonged positions. Every half hour have a mini break then rotate to another task that has a different action and/or position for another half hour then repeat this process. This greatly reduces the risk of problems.

Lastly, if you have had a busy day one day then make sure you have a quieter "recovery day" the next day to allow everything to settle. Happy gardening.



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