



1. Employ help or power tools to do the 'heavy' work of moving soil or building beds. Plan ahead to have extra support for the challenging chores and change tasks frequently to avoid overstress to repeated movement.
2. Before squatting, bending, digging...walk for at least 10 minutes to warmup up the muscles and tendons. Perform gentle stretching for the muscles you will be using the most.
3. Bend with your hips and knees and NOT your waist to reach low items. Consider sitting on a scooter wagon or use a kneeling pad to plant or weed in low beds. Use long handled tools when able. Use a rolling cart/wheelbarrow to move gardening items. Keep items close to your body as you carry them.
4. Know when to take a break. If you have been leaning for 9 sitting on a scoo 56.805.21 TmBy7n6gleak