

Do It Safely – Golden Rules of Fall Gardening

by Dr. W. E. Kelsick, D.C., B.Sc., FCSS ©

Fall is here. At this time of year, the majority of patients I see with complaints of muscle and/or joint pain admit that the onset was after doing unfamiliar activities – gardening or odd household jobs. Most of these injuries could be avoided if individuals avoided doing “too much, too soon.” The body adapts slowly to physical activity. Here are some tips:

- Loosen up before working by doing stretches for upper and lower body
- Use long handled tools to avoid bending
- Switch sides frequently when raking and use short strokes to avoid quick onset of fatigue
- Avoid pushing or pulling for prolonged periods.
- Dress appropriately for fall weather
- Carry only manageable loads and keep your back straight and the load as close to your body as possible
- Use common sense!