

**Easy Pose:**

- Sit on the floor with legs stretched out in front.
- Pull the heels together and toward the torso, slipping each foot underneath the opposite knee. There should be a comfortable gap between the feet and the pelvis.
- Rest the hands on the knees or thighs and focus on breathing.



**Garland Pose:**

- Squat with your feet as close together as possible.
- Separate your thighs slightly wider than your torso.
- Exhale and lean your torso forward so it fits in between your thighs.
- For a deeper stretch, use your elbows to further pry apart your knees.



**For more information  
visit the Master Gardener  
Diagnostic Clinic  
May through September**

*Tuesdays 11:30 a.m. - 2:30 p.m.*

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# Pain-free Gardening Tips, Practices, & Ergonomic Tools



Gardening is like doing  
yoga



except that you end up  
with tomatoes

www.yogadlwg.com

## Mobility and Repetitive Stress

Pain responses in the body can affect an individual's ability to move, and thus affect the ability to perform daily gardening tasks.

Common repetitive stresses on joints for gardeners include:

Low back pain-commonly associated with activities like bending over at the waist to weed, bending to work with hoses, etc.;

Knee pain-commonly the result of bearing weight on the knees or lunging/squatting to weed, plant, or water;

Shoulder/neck pain-commonly associated with movements like reaching to water or plant, etc.



## Movement Preparation

Prepare your body & mind for a day in the garden

- Warm up the joints & muscles with core exercises
- Planks & side planks
- 1/2 sit-ups on exercise ball
- Balancing on one foot at a time
- Yoga for physical & mental preparation - Namaste!

When working in the garden, be mindful of your posture & don't put yourself in awkward positions:

- Stand up straight & keep shoulders back
- Squat at the knees when lifting objects
- When using force, use your core strength, keeping your tools close to your mid-section.
- Keep loads close to your body when lifting.

### Buying Ergonomic Garden Tools Hoes and Rakes



Using ergonomically designed tools helps you to use the proper muscles & joints & reduces muscle strain.

Yoga can help with mobility and can be performed almost anywhere.

The asanas, or yoga positions, can develop the body as a whole, and there are a wide variety of options from which to choose.

## Yoga for Gardening Mobility

**Cat Pose:**

- Start on the hands and knees in a tabletop position. Knees should be under hips and wrists under shoulders.
- Exhale and tuck the chin, rounding the spine toward the ceiling.
- Inhale and come back to the neutral tabletop starting position.



**Cow Pose:**

- Start in the same tabletop position and inhale, lifting the sitting bones and chest toward the ceiling.
- Allow the belly to sink toward the floor and allow the head to look forward.
- Exhale and come back to the neutral tabletop position.

