



Garden Without Pain: A Guide to Preventing Aches and Stiffness

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Section 1: Warm-Up Before You Start

Just like any physical activity, gardening benefits from a warm-up. Preparing your body can help prevent strains and stiffness.

Quick Warm-Up Routine:

1. **Neck Rolls:** Slowly rotate your head in a circle, 5 times in each direction.
2. **Shoulder Rolls:** Shrug your shoulders up, back, and down, repeating 10 times.
3. **Torso Twists:** Stand with your feet shoulder-width apart and gently twist your torso side to side, 8 times each way.
4. **Hamstring Stretch:** Place one foot on a step or sturdy surface, keeping your leg straight. Lean forward gently and hold for 15 seconds on each side.
5. **Wrist Circles:** Extend your arms in front of you and rotate your wrists in circles, 10 times in each direction.



Section 2: Tools and Techniques

Using the right tools and techniques can significantly reduce strain on your body.

Ergonomic Tools:

- **Padded Handles:** Reduce pressure on your hands and wrists.
- **Long-Reach Tools:** Minimise the need for bending or stretching.
- **Kneeling Pads:** Protect your knees and provide comfort.



Proper Techniques:

- **Lifting:** Bend at the knees, not your waist, and keep heavy objects close to your body.
- **Digging:** Alternate sides frequently to avoid repetitive strain on one arm or shoulder.
- **Weeding:** Use a weeding tool rather than pulling by hand to reduce stress on fingers and wrists.



Section 3: Body Positioning and Posture

Staying mindful of your posture can help prevent back and joint pain.

- **Kneeling vs. Bending:** Use a kneeling pad and maintain a neutral spine to reduce back strain.
- **Squatting Safely:** Keep your heels on the ground and back straight.
- **Task Rotation:** Switch between tasks (e.g., digging, planting, pruning) every 20-30 minutes to avoid overuse.



Section 4: Pacing and Breaks

Gardening can be a marathon, not a sprint. Listen to your body and pace yourself.



Tips for Pacing Yourself:

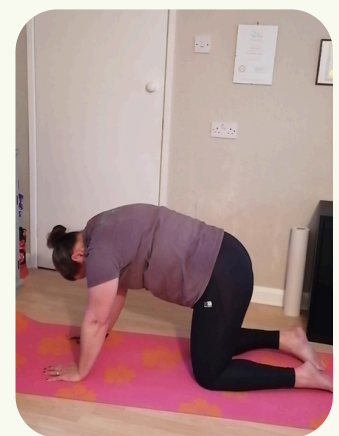
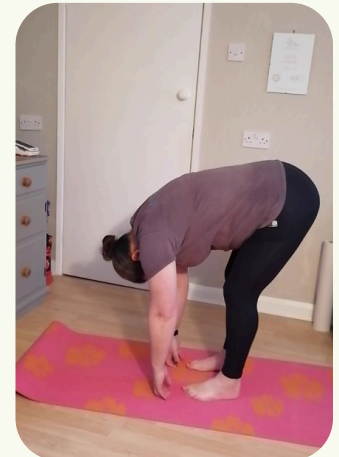
- **Set Goals:** Break large projects into smaller tasks.
- **Take Breaks:** Rest every 30 minutes and drink water to stay hydrated.
- **Mindfulness:** Pay attention to early signs of discomfort and stop before pain sets in.

Section 5: Aftercare

After gardening, it's important to care for your body to reduce the risk of soreness and stiffness.

Cool-Down Stretches:

1. **Child's Pose:** Kneel on the ground and stretch your arms forward, holding for 20 seconds.
2. **Cat-Cow Stretch:** On hands and knees, alternate between arching your back and rounding it, 10 times.
3. **Standing Forward Fold:** With legs straight, bend forward and let your arms hang, holding for 15 seconds.



Additional Tips:

- **Stay Hydrated:** Drink water to support muscle recovery.
- **Massage Sore Areas:** Use a tennis ball or foam roller to release tension.
- **Seek Help:** Persistent pain may require attention from a professional.

About "Bodywork by Amanda"

At Bodywork by Amanda, I help people stay active and pain-free, whether they're gardening, playing sports, or managing daily life. If you're dealing with stiffness, aches, or injuries, I'd love to help you feel your best.

Visit my website: www.bodyworkbyamanda.co.uk
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Ready to feel great? Book a session today!