

Gardening

don't over do it with the trowel!

As a nation, we love our gardens and spend a considerable amount of time and money on them. As we rush to get those jobs in the garden done, there is a risk that gardeners may injure themselves.

What everyone wants is to be fit and healthy enough to actually enjoy sitting in their garden and enjoy the fruits of their labours come summer time, so here are some helpful tips from our chiropractors at the **Havelock Chiropractic Clinic** in Maidenhead.

Dress appropriately

- Don't wear clothes that are tight or constrict your movement

Gardening is like any other exercise; you need to warm up first

- Don't go straight into heavy garden work, start off with lighter jobs first
- This will lessen the chance of muscle strain

Don't twist again

- If you have to use a ladder for any of your gardening tasks, make sure you are always facing it. Rather than lean or reach, move it regularly
- When using the ladder, always keep your shoulders, hips and knees pointing in the same direction
- Make sure the ladder is firmly and safely planted in position and, if possible, have someone else standing there to keep an eye on things

Clever pruning

- Get as close as possible to the things you are pruning; avoid overstretching to reach the area you are dealing with
- Invest in some long handled secateurs to reach plants and bushes that are beyond normal reach

Digging deep

- When digging, try not to bend or twist during the movement and alternate the foot you use to drive the spade into the ground.
- Raking is best achieved with short movements; don't reach out too far.

Potting/planting

- Use a mat and kneel when doing close weeding work or planting out
- When potting up your plants, it is much better to do this at a table

Take a break

- Vary your activity; spend no more than 20-30 minutes on any one thing and take regular breaks

Be clever with the paving

- If laying a patio keep the slab close to your body and bend your knees
- It is sometimes better to bend one knee rather two, as your supporting leg gives you a position of strength
- If using railway sleepers, two people will probably be needed

Plan ahead

- If you are planning a trip to the local DIY store and buying heavy items, such as cement or gravel, buy smaller bags rather than one big bag as they are easier and safer to carry
- If you do buy heavy items, ask an assistant at the store to help you
- Shovel the contents of large bags straight into smaller containers or wheelbarrow from the back of the car
- If having items delivered, have them unloaded as close to where you need them as possible; this will save the effort of moving them again
- A specialist garden trolley might be worth investing in to move these sorts of materials around, especially so if you have lots of patio pots to move around as well

Our Chiropractors

Chiropractors Rebecca Rees, BSc (Chiro) and Jack Stow, MChiro have nearly twenty years experience between them, are members of the British Chiropractic Association (BCA) and are registered with the General Chiropractic Council (GCC).



Clinic Information

Havelock Chiropractic
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Opening Hours

Monday 08.00 - 20.00
Tuesday 08.00 - 20.00
Wednesday 08.00 - 13.00
Thursday 08.00 - 20.00
Friday 08.00 - 17.00
Saturday 08.00 - 12.00

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