

Gardening Warm-up Stretches

Simple warm-up stretches to keep gardening comfortable and pain-free.



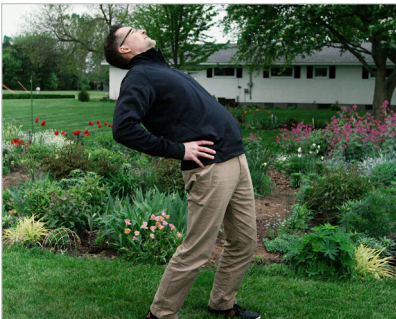
Mini-squat

- Stand with feet slightly wider than shoulder width apart.
- Bend knees and hips to a mini squat position, then straighten legs.
- Keep back straight and do not let knees bend forward past toes.
- Repeat 10 times.



Forward Trunk Bends

- From an upright position, slowly reach hands toward feet, hinging at hips until you feel a stretch in the back of your legs. Hold 2 seconds.
- Keep knees straight without locking during this stretch.
- Repeat 5 times.



Backward Trunk Bends

- Stand upright, and position your feet in stride stance with hands on lower back.
- Press hips forward and bend backwards. Hold 2 seconds.
- Keep knees straight during this stretch. You can bend them slightly to keep balance.
- Repeat 5 times.



Trunk Side Bends

- Stand with arms at sides.
- Slowly bend trunk sideways, lowering arm down your side. Then return to stand upright and repeat on other side.
- Maintain balance.
- Do not bend trunk forward or backward.
- Repeat 5 times on each side.

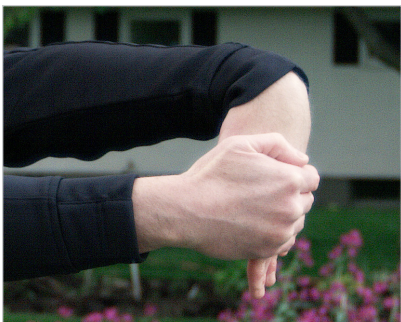
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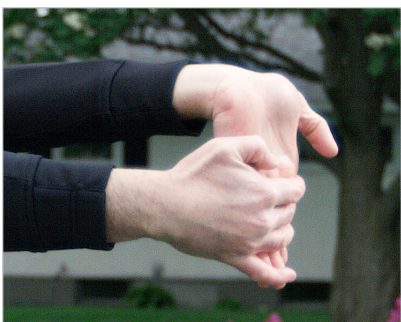
Standing Trunk Rotation

- Stand and cross your arms.
- Slowly rotate body to one side until you feel a stretch in your back. Hold 2 seconds, then repeat on other side.
- Avoid arching back.
- Try to move head and trunk at the same time.
- Repeat 5 times.



Standing Wrist Flexion

- Stand with one arm in front of your body, palm facing the ground.
- With your other hand, bend wrist downward until you feel a gentle stretch. Hold 6 seconds.
- Keep your elbow straight, and try not to apply too much pressure.
- Repeat 5 times.



Standing Wrist Extension

- Stand with one arm in front of your body, this time with your palm facing up.
- With your other hand, apply gentle downward pressure on your fingers, bend wrist and keep elbow straight. Hold for 2 seconds.
- Try not to apply too much pressure.
- Repeat 5 times.



Hands and Knees Tip

- After you warm up and stretch, it is time to garden.
- Lean across the chair seat to support your back and take pressure off your knees.
- This position allows you to work with both hands.
- Every few minutes straighten one leg and then the other.

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