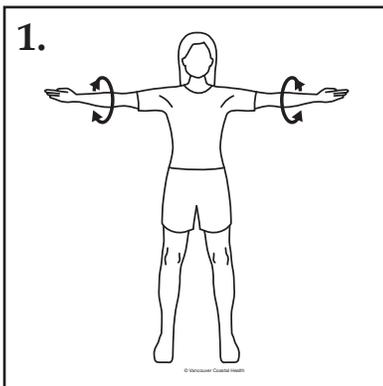
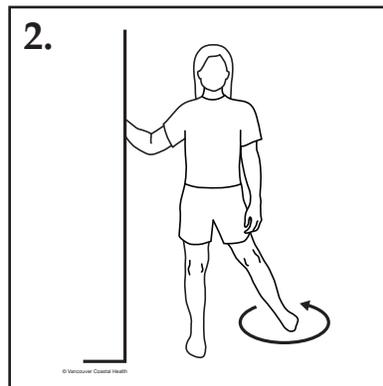


Gardening Stretches

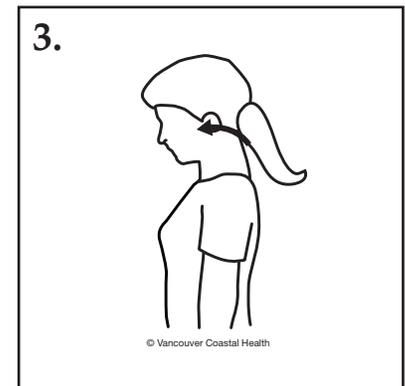
- Stretch before and after your gardening, or if you feel stiff while gardening.
 - Many gardening tasks fall outside of your usual normal exercise and activity routine.
 - You are in working positions not done every day.
 - Stretching will help you prepare your muscles for movement.
 - You can reduce injury and fit in some routine stretching for muscles commonly affected by gardening.
 - Stretching will help your prepare your muscles for movement, try stretches 1 and 2 before gardening.
-
- Gently and within your comfort level repeat each of the following stretches 3 times, for 20 seconds.
 - Move slowly into the stretch, you will be able to stretch a little further with each repetition.
 - If you have pain carrying out the stretches you should seek advice from a health care professional for further help.



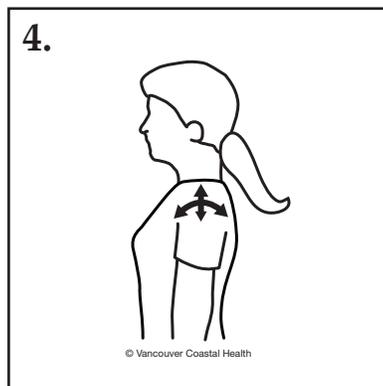
1.
Arm warm-up: With your arms in a comfortable height gently circle your arm in a clockwise and counter clockwise direction 3 times.



2.
Leg warm-up: Hold onto a wall or tree for support. Gently circle your leg in a clockwise and counter clockwise direction 3 times.



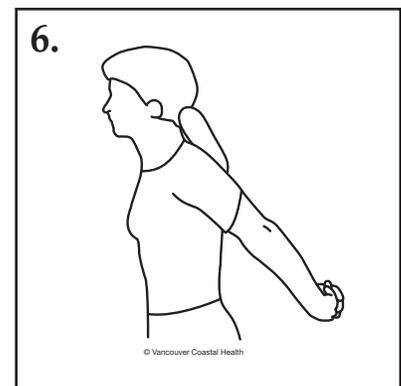
3.
Neck stretch: Bend your head forward.



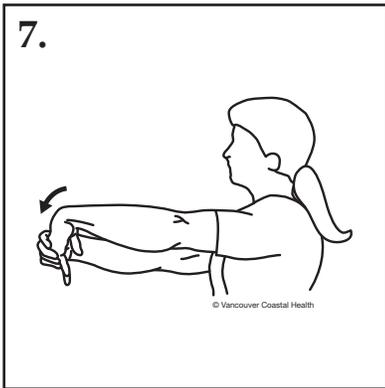
4.
Shoulder Shrugs: Shrug your shoulders up and down and forward and back.



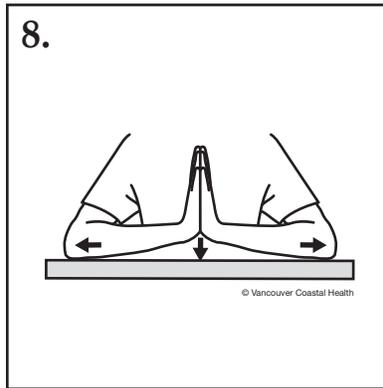
5.
Upper Back Stretch: Gently pull your arm across your chest using your other hand for support. Relax and repeat with the opposite arm.



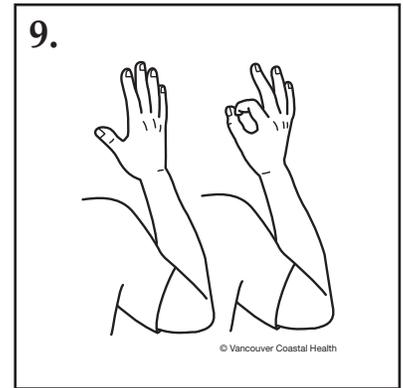
6.
Chest Stretch: Clasp your hands behind your back and squeeze your shoulder blades together.



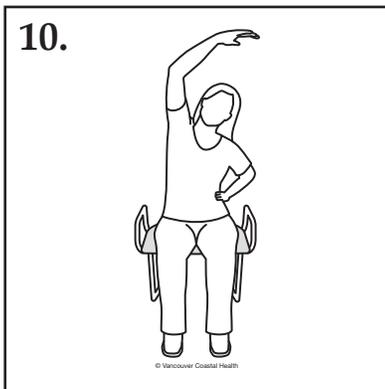
Wrist Flexion: Keep your elbow straight, grasp your hand and slowly bend the wrist forward until a stretch is felt. Relax and repeat with the opposite arm.



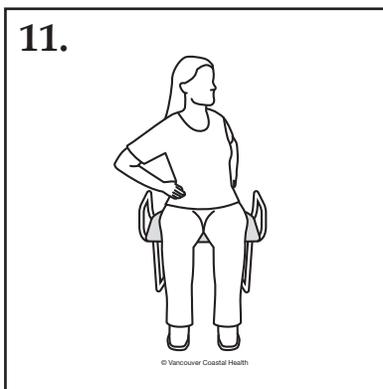
Wrist Extension: Gently press your palms together.



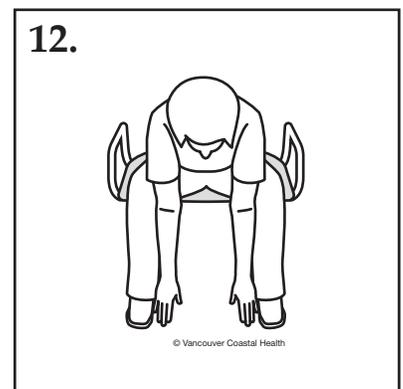
Thumb Stretch: Inch your thumb and index finger together making an "O" shape.



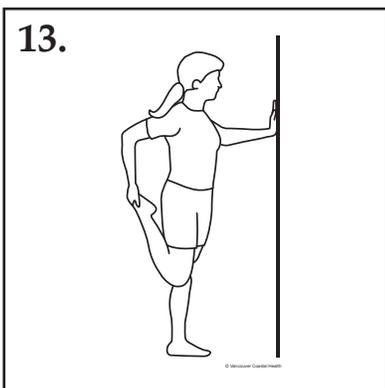
Back Side Bending: Sitting on a bench, raise one arm over your head and bend away from your body. Relax and repeat with the opposite arm.



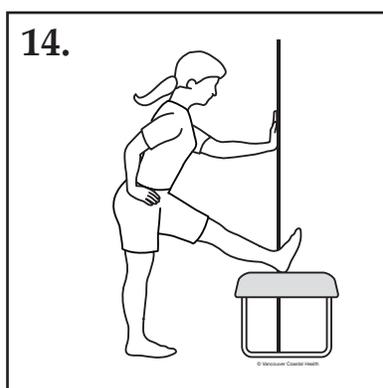
Back Rotation: Sitting on a bench gently rotate your trunk from side to side.



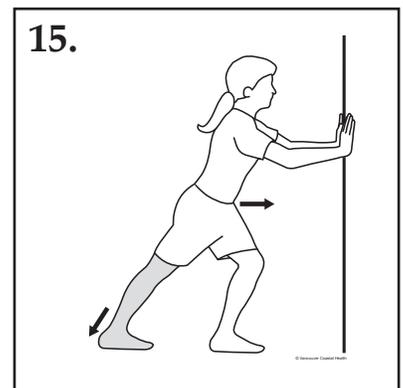
Back Flexion: Sitting on a bench, slowly bend forward from your hips.



Thigh Stretch: Hold onto a wall, or tree for support. Grasp your heel and pull your heel towards your buttock. Relax and repeat with the other leg.



Back of Thigh Stretch: Hold onto a wall, or tree for support. Put one foot up on a rock or bench, keep your back straight and lean forward. Relax and repeat with the other leg.



Calf Stretch: Hold onto a wall, or tree for support. Straighten one leg behind you, bend your front leg and slightly lean forward until you feel a stretch in your calf. Relax and repeat with the other leg.