

Osteopathy and gardening

Exercise is the key to staying healthy and for many people gardening is an enjoyable way of achieving this. It is obvious however that gardening can cause many problems from back pain to tennis elbow. Here is some important advice to keep healthy in the garden:

- Avoid prolonged reaching and stretching.
- Avoid stooping.
- Don't side which twists the back.
- Avoid stretching over stretch or swing. Don't over stretch or swing lightweight mowers from side to or prolonged squatting with a bent back always work close to you.
- Don't dig continuously take regular breaks when doing repetitive activities.
- When pruning use secateurs which have cut and hold action.
- Mow a little at a time keeping as upright as possible.
- Dig a little at a time.
- Keep your back straight while lifting the soil. Exert any force through knees and thighs using arms and shoulders as a secondary force.
- Where possible choose an electric start mower or an all electric mower.
- Don't overload. The wheelbarrow can go out of control when emptied and twist the spine.
- Choose the machine to match grass and size of garden.
- Don't dig continuously.
- Plant from a kneeling position. Use kneeler seats' with handles or mats, not low stools.
- Dig a little at a time.
- Take a break every 10-20 minutes.

Other complaints:

Osteopathy is generally recognised for treatment of back pain. However there are several other complaints that can be helped with osteopathic treatment. These are:

- Asthma.
- Glue ear.
- Sinusitis.
- Period pain.
- Migraines.
- Postural problems.
- Jaw pain and jaw problems.
- Thumb and big toe osteoarthritis.
- Sciatica.
- Chest pain (once all non musculoskeletal causes have been ruled out.)

If you are unsure as to whether osteopathy could help and you want direct feedback, please click Questions? and send us an e-mail.