



Safe Gardening Tips for Summer

Summer yardwork and gardening are some of the most enjoyable ways to stay active—especially for older adults. Activities like planting flowers, pulling weeds, trimming, and light landscaping offer excellent movement, flexibility, and time outdoors. But without the right body mechanics, these same activities can quickly lead to low back strain, sore joints, muscle fatigue, or preventable injuries.

Before heading outside, a few simple strategies can help reduce strain, prevent injury, and support safe, independent activity throughout the summer.



LIFT SMART, STAY STRONG

- ✓ Bend your knees, not your back
- ✓ Let your legs do the work
- ✓ Keep items close to your body
- ✓ Stand with a wide, stable base



REACH WITHOUT OVERDOING IT

- ✓ Work at waist level when possible
- ✓ Avoid twisting—turn your whole body instead
- ✓ Use a step stool for higher areas
- ✓ Take quick breaks to reset posture



PROTECT YOUR BACK & KNEES

- ✓ Move close to your work area
- ✓ Face your task directly
- ✓ Use a pad, stool, or kneeling support
- ✓ Switch positions often to avoid stiffness

If you're experiencing pain or difficulty with movement, we can help you stay active, safe, and independent. Talk with your doctor to see if physical, occupational, or speech therapy could benefit you.

[insert your contact information, etc.]

[insert your logo]