

# BACK IN THE GARDEN GUIDE

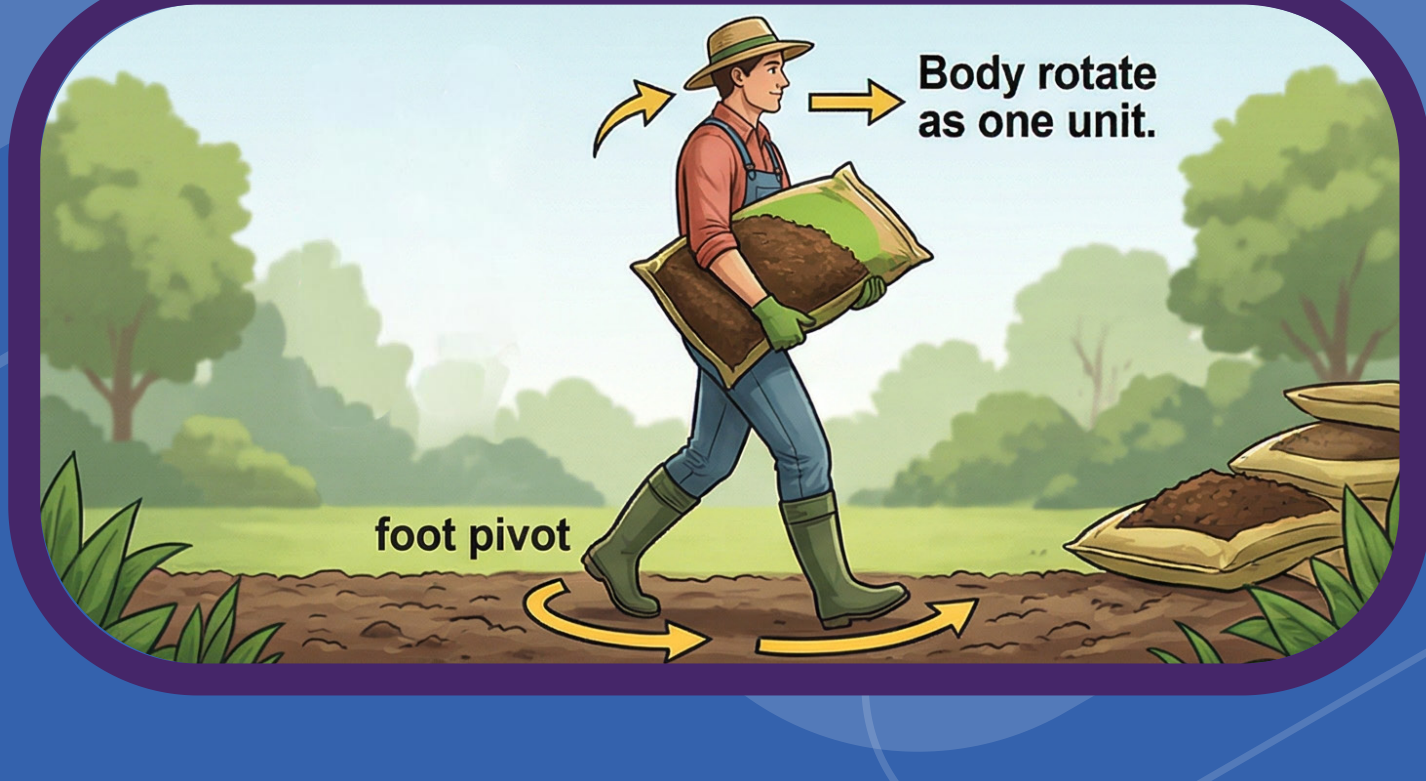
## 1 Safe Lifting

### Technique

Point your nose and your toes in the same direction. If you need to move a bag of mulch or soil to the side, move your feet to turn.

### Tip

Keep the weight "hugging" your belt buckle. The further the load is from your spine, the more the mechanical force is multiplied on your lower back.



## 2 Avoid Bending

### Technique

Use a padded kneeler and stay on one knee (the half-kneeling position). This keeps your pelvis neutral.

### Tip

Switch knees every 5–10 minutes to prevent hip imbalances.



## 3 Good Posture

Short handle tools require you to hunch over. This sustained "C-curve" can cause pain in your spine and neck.

### Technique

Invest in high-quality, ergonomic, long-handled tools. They allow you to stand upright, maintaining a natural curve in your lower back.



## 4 Take A Break

The human body is designed for movement, not static postures. Avoid "Ligament Creep" where ligaments stay stretched for so long they lose their ability to support the joint.

### Tip

Set a timer on your phone for 20 minutes. Every time it goes off, stand up, reach for the sky, and do some gentle stretching.

