

Plant and Rake Without the Ache

**Smart tips to avoid sore joints, aching muscles
and injuries. Your back will thank you!**

S-t-r-e-t-c-h before you start.

Loosen up to prevent injuries
in your joints and muscles.
Take a walk ... even on the spot,
to get your body ready.



The right tools! The right moves!

Use the right tools and moves for the job.
Kneel to plant. Change positions
frequently while you work.

Bend your knees to lift with ease

When lifting, keep your back
straight and bend your knees.
Always carry the load
close to your body and
avoid twisting.



Take a break so you won't ache.

Give yourself and
your back a break.
As a rule-of-thumb take a
brief rest or stretch break at
least three times each hour.
Drink fluids frequently.

For free tips sheets
go to the OCA web site
www.chiropractic.on.ca



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