Gardening for Every Body

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Cynthia Carlson

Chautauqua County Master Gardeners

Enabling people to improve their lives by educating and serving the community, utilizing university and research-based horticultural information.

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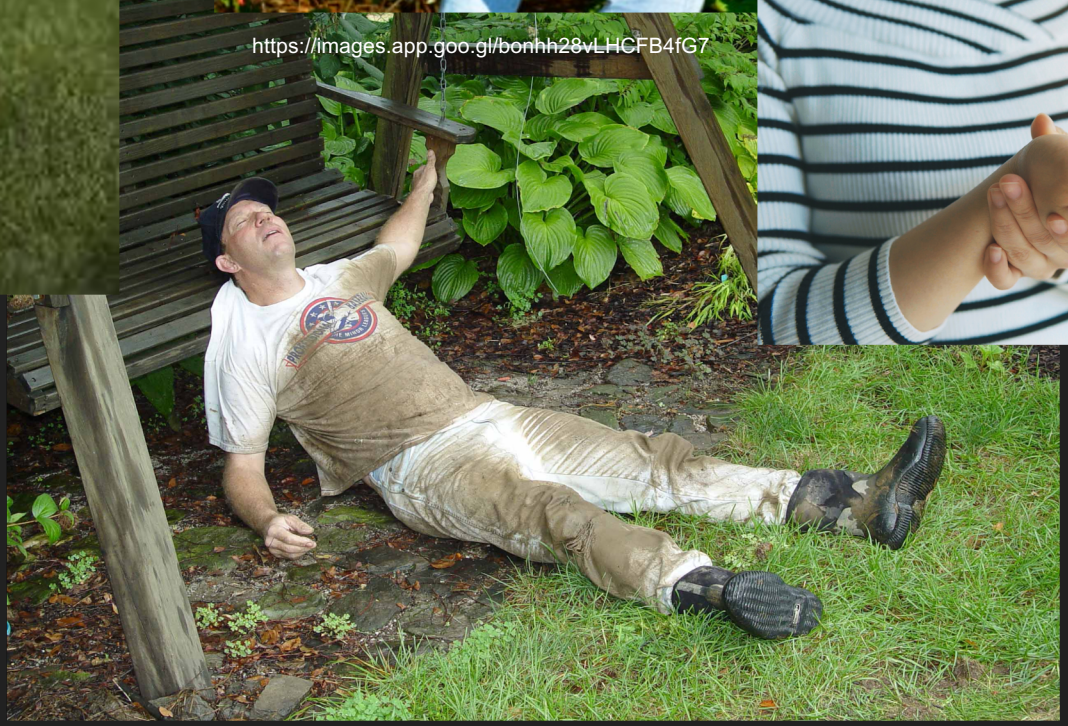

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Accept your Limitations

Build on your Strengths

Agenda

- Overview: Good Garden Practices
- Selecting Plants
- Planning
- Designing Garden Beds
- Warming Up
- Monitoring Health
- Working Safely
- Choosing Tools

Good Garden Practices

http://www.non-profithelp.com/blog/wp-content/uploads/gardening5.jpg

Good Soil

https://images.app.goo.gl/CAGtLsUq6jcYCHAHA

Right Plant Right Place

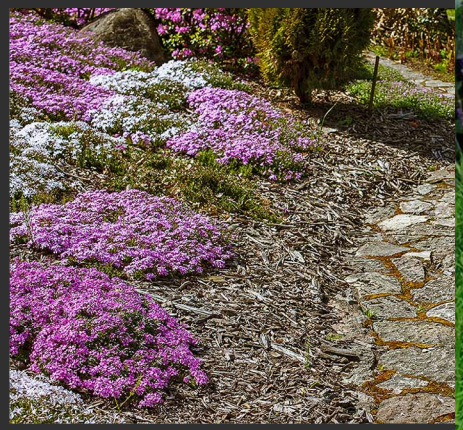
http://www.mynewsletterbuilder.com/email/newsletter/1411427960

A Garden Must Belong to its Site

Mulch

http://www.timberpress.com/blog/2011/03/complete-book-of-potatoes-excerpt/

Use Ground Covers



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Proper Watering

http://www.gardeningknowhow.com/ornamental/flowers/roses/watering-roses.htm

Selecting Plants

- Use Native Plants
- Choose Low Maintenance Plants
- Incorporate Shrubs

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http://www.gardening.cce.cornell.edu/

Use Native Plants

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http://www.gardening.cce.cornell.edu/

Choose Low Maintenance Plants

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http://www.gardening.cce.cornell.edu/

Incorporate Shrubs

http://www.gardening.cce.cornell.edu/

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Planning

1. Evaluate your garden
2. Pick what you enjoy
3. Know your body
4. Design for your needs

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Designing Garden Beds

- Container Gardens
- Raised Beds
- Vertical Gardens
- Mobile Gardens
- Accessible Walkways

Container Gardens

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Raised Beds

https://images.app.goo.gl/nBZsfBgLpHm7FMAG9

https://images.app.goo.gl/Wswo3i8dkXENvmGX7

Vertical Gardens

https://images.app.goo.gl/CPzHE

https://www.wayfair.com/GreenStalk-6-Tier-Plastic-

393198

481682
lid=EAI
QYBvA

https://images.app.goo.gl/sZTbca1zxNWZJCc8A

Mobile Gardens

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Accessible Walkways

https://www.plowhearth.com/p/63L062aff=6443&CAT=GGLE_TXE_3010771001&gclid=EAIaIQobChMIxarh_q3r6QIVD9bACh2aAgM1EAQYBCABEgJ6EvD_BwE

Gardening is Physical

Gardening is an active, contact sport.

Barbara Pearlman

https://images.app.goo.gl/hV95vxgaEhXHcghw5

Warming Up

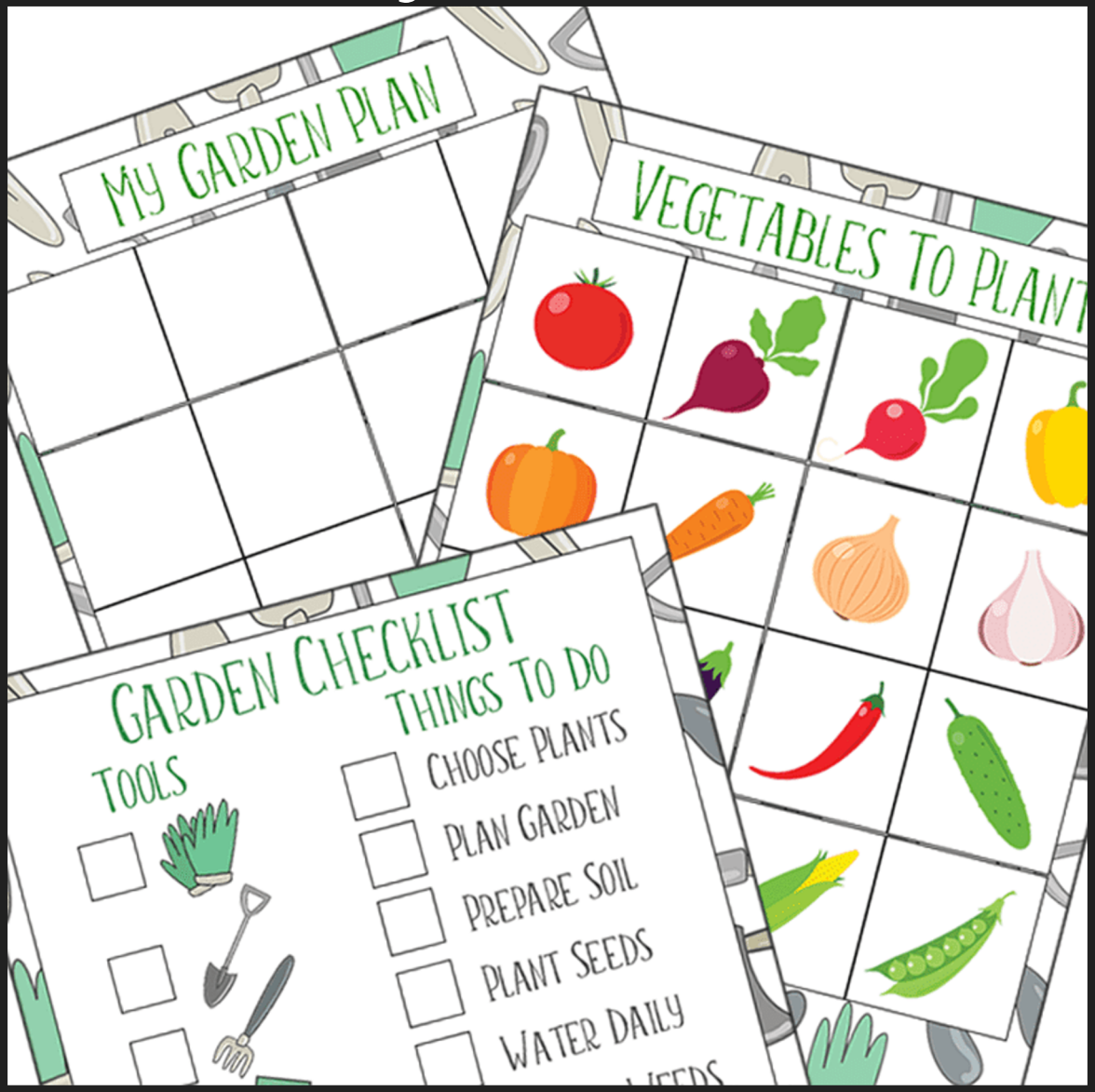
- Start Slowly
- Plan your Tasks
- Stop if You Feel Pain
- Stretch as Needed

- http://www.gardenweasel.com/winter-warm-ups-exercises-for-gardening/

https://youtu.be/me5nQ8bkvEM

Start Slowly

Plan your Tasks



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Stop if You Feel Pain

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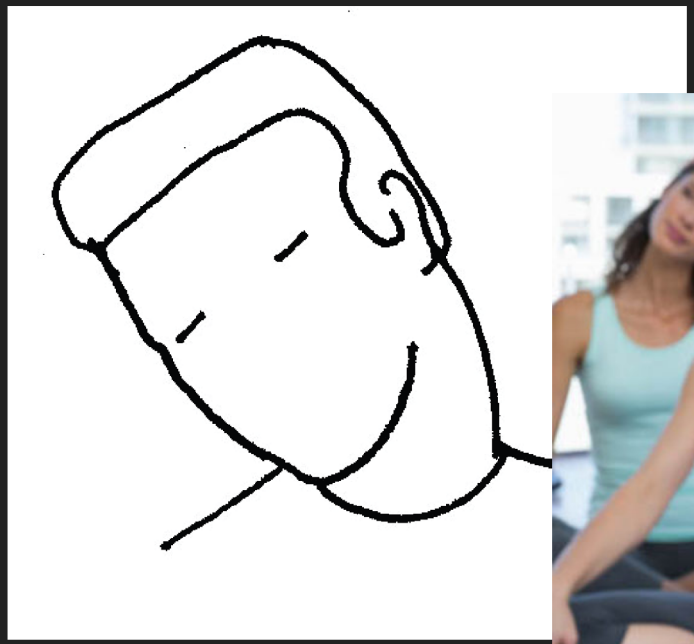
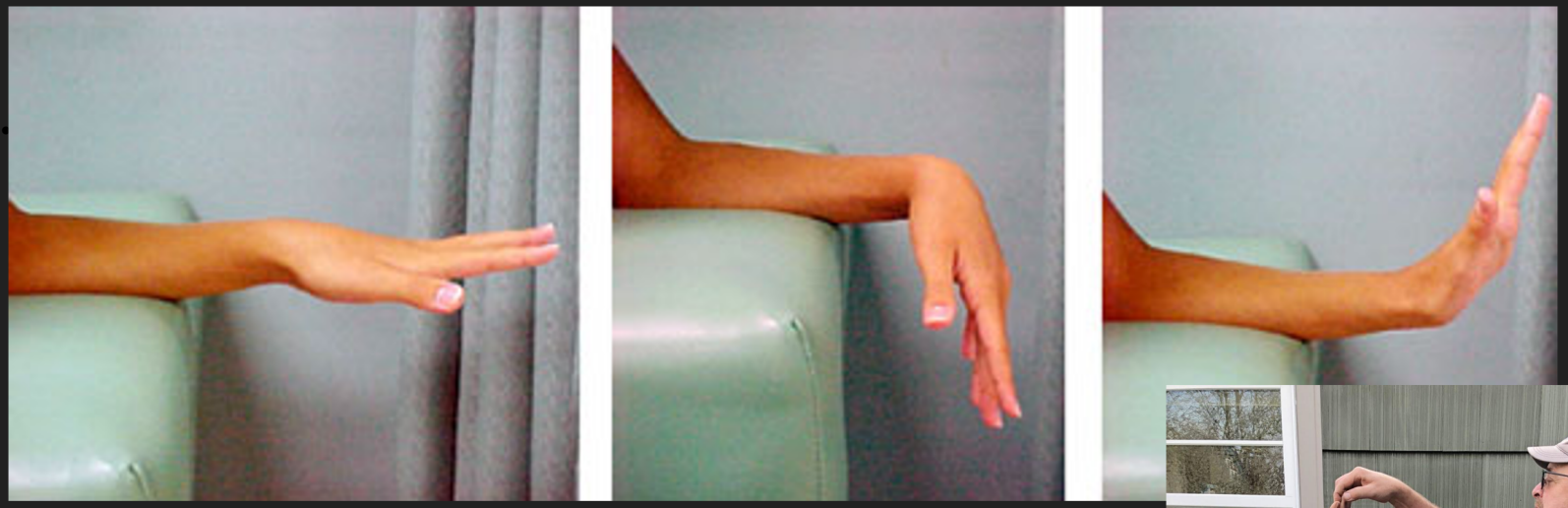
Stretch as Needed: Neck

- Roll your head gently from side to side.
- Look to the left, hold for 5 seconds.
- Look to the right, hold for 5 seconds.



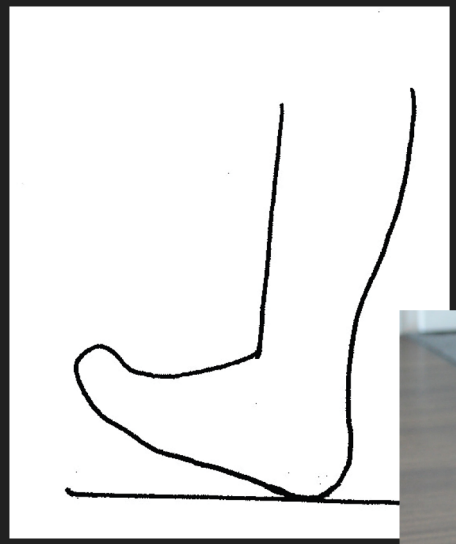
Stretch as Needed:Wrists



- Bend wrist down until a stretch is felt
- Hold for 5 seconds
- Bend wrist up until a stretch is felt
- Hold for 5 seconds

Stretch as Needed: Ankles & Calves

- Legs shoulder width apart
- Raise the toes on your right foot off the floor
- Repeat with left foot



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Stretch as Needed: Additional

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(Always Check with your Doctor Before Doing any New Exercises or Stretches)

Monitoring Health

- Hydrate: drink water
- Sun protection
- Bug protection
- Protect your weak areas
- Take breaks at least every 30 minutes
- Switch tasks
- Avoid extended periods in the heat of the day

Hydrate: drink water

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Sun protection

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Bug protection

https://images.app.goo.gl/yExuTjDUHHUMuKid7

https://images.app.goo.gl/sTRzXPqxf1877XGf6

Protect your weak areas

https://www.powerrebound.com/blogs/kneebible/how-to-protect-your-knees-while-gardening

Take breaks at least every 30 minutes

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Switch tasks

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Avoid the heat of the day

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Working Safely

- Lifting
- Shoveling
- Reaching
- Watering

Lifting

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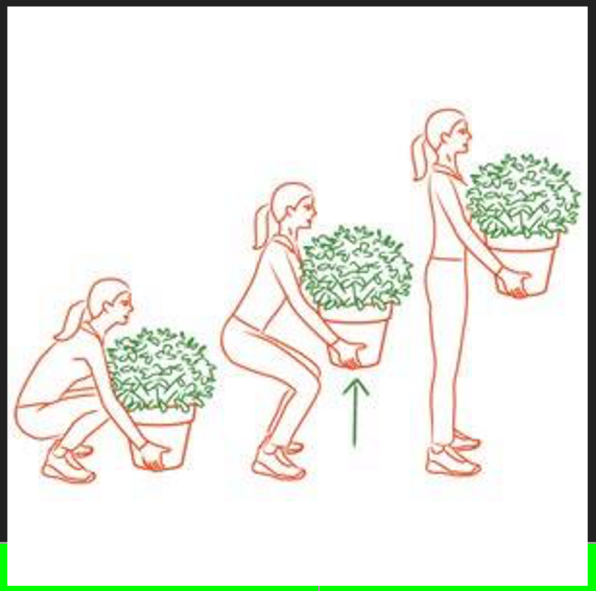

https://thetoolmerchants.com/maintain-healthy-posture-garden/

Do	Don't
Ask for help	Lift more than you can handle
Bring item close & close to the center to the body	Farther away from the body = less efficient position
Bend knees slightly	Lock joints

Shoveling

- Keep feet wide enough apart to give support.
- Do not twist body.
- Bend knees slightly.
- Place weight on front foot.

https://cottagelife.com/design-diy/the-right-way-to-shovel-without-hurting-your-back/

Westend61 / Getty Images

Image Source / Getty Images

Image Source / Getty Images

https://www.verywellhealth.com/digging-and-shoveling-without-the-back-strain-296443

Reaching/ Pruning

- Work at shoulder level when possible.
- Use two hands whenever the task allows.
- Never keep your arms up over your shoulder more than 5 minutes.

- Never over reach: use a tool.
- Avoid twisting the arms back and forth.
- Keep your elbows partially bent when doing ground work.
- Face the work: do not twist your body.

http://blog.tcgardens.com/?p=983

Watering

- Choose a lightweight container
- Place water close to work area
- Attach on/off valves to hoses.
- Use long wands to water containers.
- Install a soaker hose.

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Choosing Tools

- Right tool for the job
- Keep supplies near
- Know body's weak points- use tools to support
- Use tools with the right size
- Use tools with the right grip
- Lightest weight tool for the job
- Keep tools sharp

Right tool for the job

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Keep supplies near

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Know body's weak points- use tools to support

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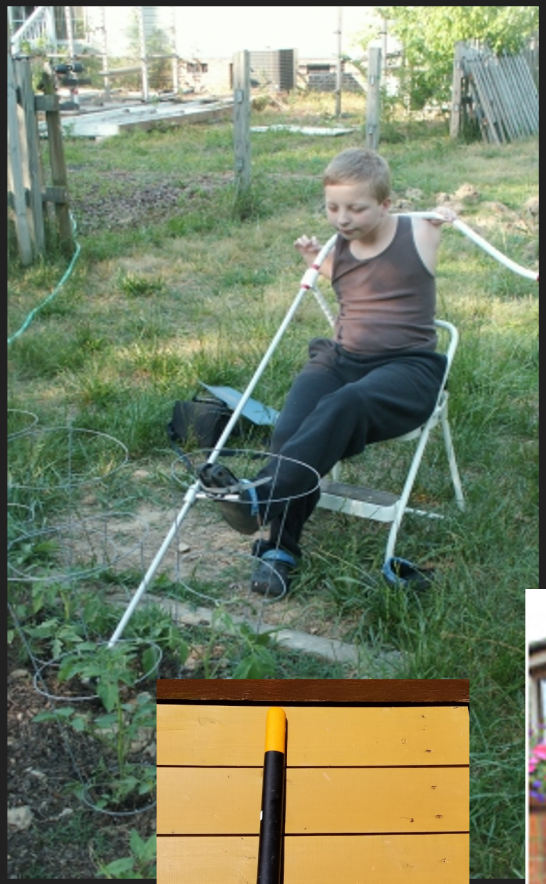

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Use tools with the right size

//www.hmi-basen.dk/en/r11x.asp?linkinfo=17107

Use tools with the right grip

http://greenthumbs.cedwvu.org/factsheets/ergonomics.php

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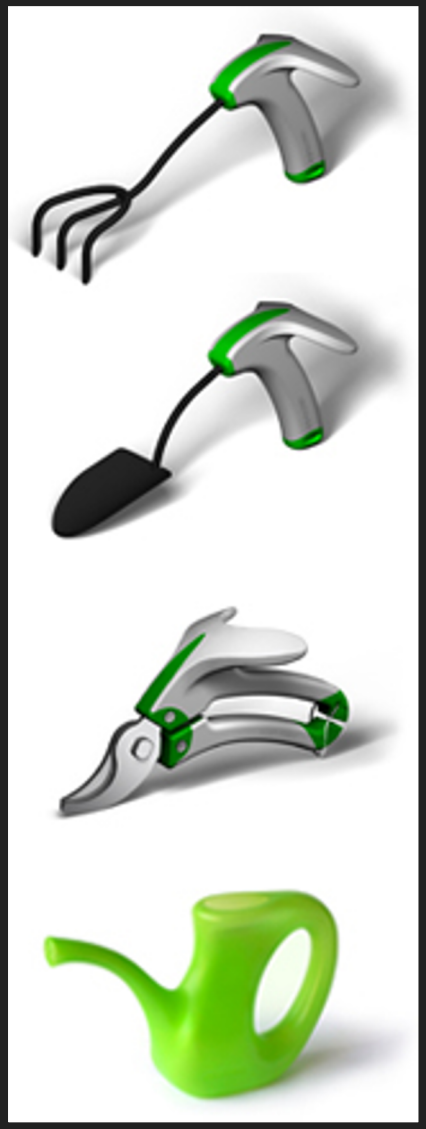

Use tools with the right grip

http://www.hmi-basen.dk/en/r11x.asp?linkinfo=17107

Lightest weight tool for the job

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Keep tools sharp

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Clothing

- Comfortable and treaded footwear
- Bruise guards if needed
- Gloves with nubs, which allow gripping
- Socks

Optional

- Gardener’s Apron
- Carpenter’s Tool Belt
- Gardener’s Vest

Tool Tips

- Use pipe foam insulation on handles.
- Wrap tools with colored duct tape.
- Select ratchet pruners and loppers
- Telescopic tools allow flexibility

Enjoy Your Garden!

CCE Master Gardener Volunteers

gardening.cornell.edu
MGV
CCE Master Gardener Volunteer

School of Integrative Plant Science
Horticulture Section

Master Gardener Helpline

Wednesdays 12-2 PM

April – September

(716) 664-9502 x 224

Chautauqua County Cooperative Extension

http://chautauqua.cce.cornell.edu

Questions?

Resources:

- The Flower Pot Man
  https://www.flowerpotman.com/gardening-for-the-elderly-and-disabled/tools-for-disabled-gardeners/