



GARDENERS WARM-UP EXERCISES

Many people think that due to their injuries gardening should be avoided, however, gardening is a great form of exercise that can be incorporated into a rehabilitation programme.

Gardening is excellent for improving strength, endurance and flexibility and it can be of great help in reducing the risk of high blood pressure, heart disease, diabetes, obesity and other medical conditions.

Gardening is GREAT Exercise...

Activity	Avg Kcals per hour
Watching television	56
Carrying heavy loads	490
Chopping logs quickly	1070
Collecting grass/laves	252
Digging	322
Moving lawn (push-along mower)	280
Mowing lawn (ride-on mower)	154
Planting seedlings/shrubs	252
Raking lawn	252
Shovelling	574
Pruning shrubs	280
Weeding	280



Here are a few exercises to try to be used as either a warm up prior to gardening or as a programme to make getting out in the garden that little bit easier.

Calf Raises

Stand with your feet together, raise up onto your tip toes, slowly lower back to the ground. Repeat 10 times.



Step-Up

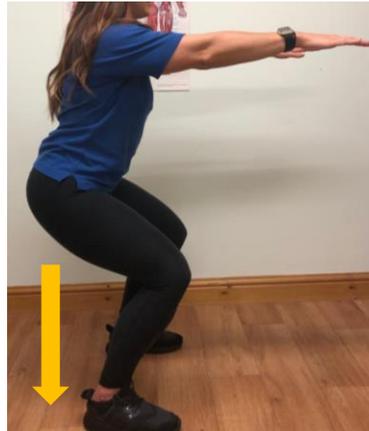
Stand at the step, place one foot up on to the step, lift yourself up then lower slowly. Repeat with other foot leading. Perform 5 sets.



Knee Hugs
 Lay on your back with your knees bent, hug alternate knees to your chest. Repeat 10 times. You can deepen the stretch by hugging both knees to your chest.



Squats
 Start in a standing position with feet hip distance apart, slowly bend your knees whilst pushing your buttocks out backwards (as if you are about to sit down) until you reach a comfortable limit, then stand back up slowly. Repeat 10 times.



NB: It is a good idea to do this standing in front of a sturdy piece of furniture such as the kitchen worktop to help with balance especially to begin with.

Pecs Stretch
 Stand in a doorway, with elbow at 90 degrees, place against the frame, rotate body away until you feel a stretch (this shouldn't produce pain) you can deepen the stretch by placing one foot forward and leaning your weight forward. Repeat 10 times.



As with many daily tasks, it is important to take regular breaks every 30 minutes or so. So boil the kettle, get the biscuit tin out and have a sit down for 5 minutes!



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