DON'T LET THE DIRT HURT!

Stretch your way to a healthier you and a more beautiful garden in just 12 minutes!!

Shoulder Shrugs
- Raise shoulders towards ears
- Hold
- Relax down to normal position

Neck Tilt
- Keep shoulders relaxed and arms hanging loosely
- Tilt head sideways, first to one side, then the other
- Hold 5 seconds on each side

Wrist/Forearm Stretch
- Place hands palm to palm
- Rotate palms around until they face downward keeping elbows even
- Hold 5-8 seconds

Back and Hip Stretch
- Bend left leg over right leg and look over left shoulder
- Place right hand on left thigh and apply pressure
- Repeat for right side

Upper Body Stretch
- Interlace fingers, turn palms upward and straighten arms above head
- Elongate arms to stretch through upper sides of your rib cage
- Hold 10-15 seconds
- Breathe deeply

Hamstring Stretch
- Sitting, hold onto upper left leg just above and behind the knee
- Gently pull bent knee toward chest
- Hold 15-20 seconds
- Repeat on right leg

Upper Back Stretch
- Interlace fingers behind head with elbows out
- Pull shoulder blades together
- Hold 5 seconds, then relax

Wrist/Forearm Stretch
- Place hands palm to palm
- Move hands downward, keeping palms together and elbows even
- Hold 5-8 seconds

Hand/Finger Stretch
- Separate and straighten fingers
- Hold 10 Seconds
- Bend fingers at knuckle and hold 10 seconds
- Separate and straighten again

Back Stretch
- Lean forward
- Keep head down and neck relaxed
- Hold 10-20 seconds
- Use hands to push yourself back up

Side Stretch
- Hold left elbow with right hand
- Gently pull your elbow behind your head to feel stretch in shoulder or back of upper arm
- Hold 10 seconds
- Don't overstretch or hold breath
- Repeat on right side

Neck Stretch
- Sit or stand with arms hanging loosely
- Gently tilt head forward
- Keep shoulders relaxed and downward
- Hold 5 seconds

A total of 12 minutes can help you ease the muscle tension that arthritis causes. Stretching 4 minutes before, during and after you garden will reduce tightness, stiffness, and increase productivity for any gardening activity!

Contact the Indiana Arthritis Foundation for more information on stretches, gardening, or other agricultural activities toll-free at:

1-800-783-2342

OR

Visit the website at:

www.arthritis-ag.org

[AgrAbility Project, NIFA, USDA Special Project 2008-41590-04796]