

MAINE AgrAbility

Who's Got Your Back? We do!

with Maine AgrAbility
Antonia (Toni) Small, E-RYT, YACEP
Bella Russo, AgrAbility Program Coordinator

PRESENTERS



Antonia Small, E-RYT 500, YACEP, Oryx Worx LLC, Ice House Seafood LLC

Toni has been teaching yoga and fitness to older students from Port Clyde, Maine for over a decade. She began oyster farming on the side with her husband John, a fisherman, in 2016. Her work with FishAbility began in 2021.



Bella Russo, AgrAbility Program Coordinator, RYT 200

Bella has been farming for the last nine years throughout New England primarily on small-scale diversified vegetable and livestock operations. Her background is in biology and agricultural sciences with a focus in plant pathology. Bella is starting her own small farm enterprises and hopes to further her education in agriculture, plant pathology, and forestry. She is also a certified yoga instructor.

Learning Objectives

- “Training” discussion to tease out assumptions and myths.
- Ergonomics on the farm. Counter moves.
- SAID Principle: Specific Adaptation to Imposed Demands.
- Add mooovements to your day on the farm!

John and Dana, a couple of oyster farmers hard at work, flipping bags.

A photograph showing two people from behind, wearing bright orange aprons over dark clothing, working on a boat. They are leaning over the side of the boat, which is on the water. The text "Who's got your back?" is overlaid in white on a dark blue rectangular background at the top of the image.

Who's got your back?

What leads to discomfort?

Repetitive Motion? What gesture(s) do you perform repeatedly on your farm? Always to one side? Never the other? Or do you stand for long periods of time? Are you bent over?

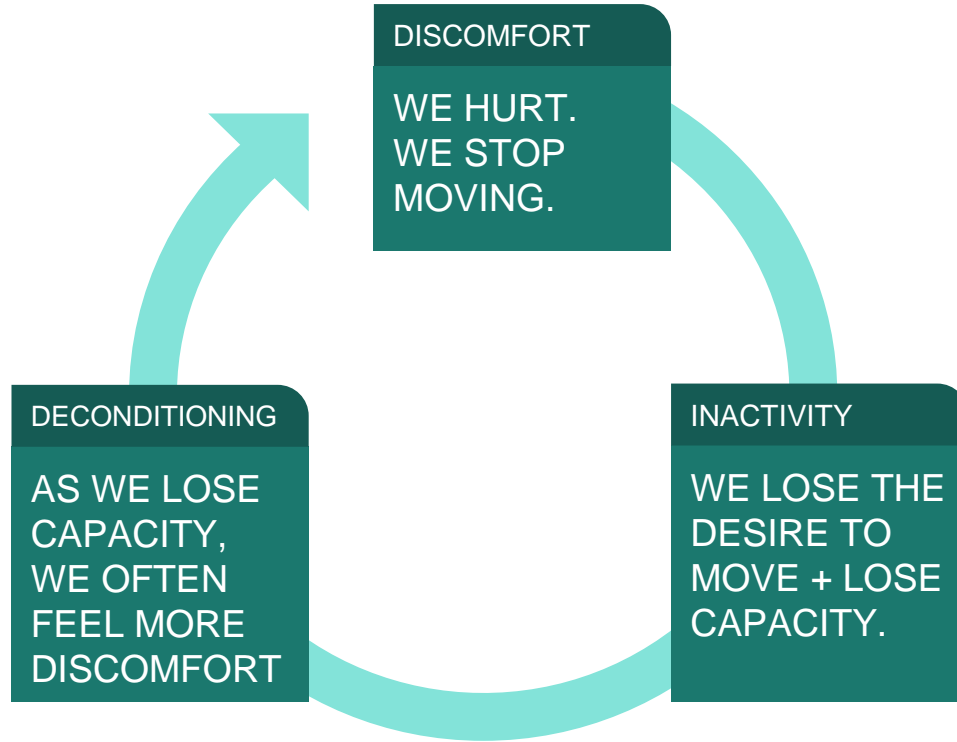
Strenuous Tasks - Are you lifting 50+ lbs regularly? With or without mechanical advantage? What else? Do you manage to keep heavy loads close to your body? Or struggle with load in awkward positions?

Sedentary Activities – Someone has to do the books, mind the store, drive the tractor or truck...Do you take movement breaks during the day?

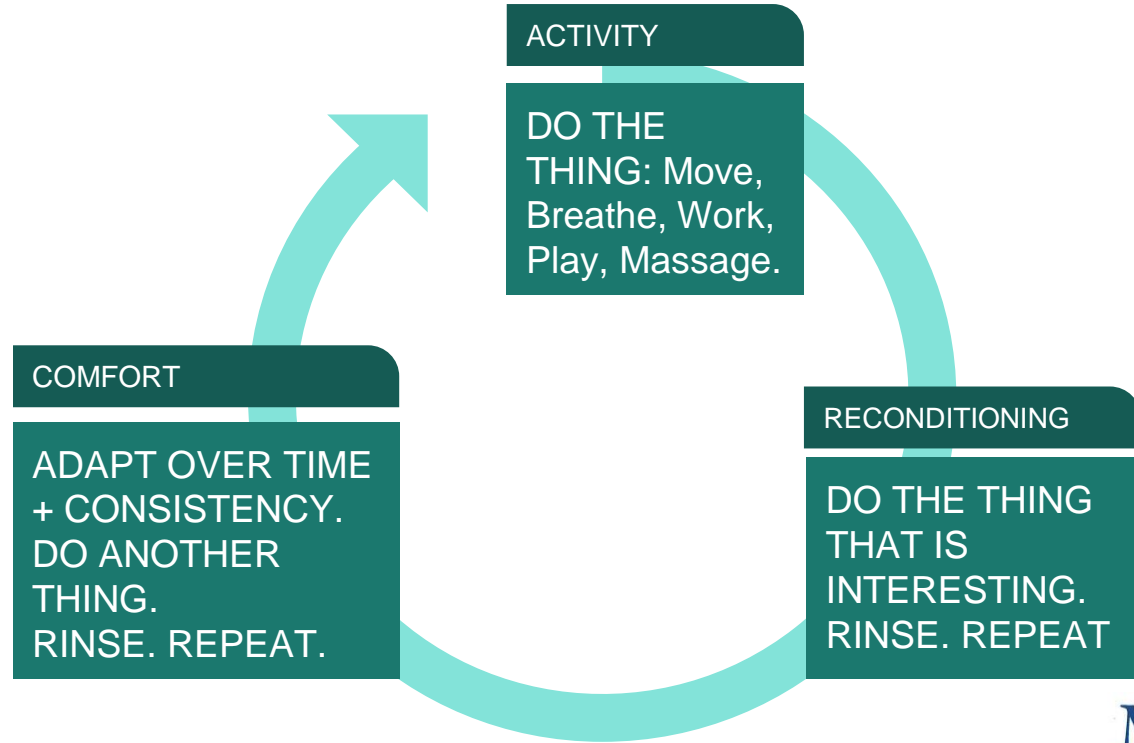
Aging (sarcopenia or myopenia: muscle mass loss or wasting), connective tissue tension or adhesions, injury, chronic pain, anxiety, depression, chronic stress, uncertainty about how to improve things.

We are biopsychosocial beings, vulnerable to cultural assumptions, mental mindsets, as well as our bodies strengths and weaknesses.

We are highly ADAPTIVE



We're highly ADAPTIVE



What leads to comfort?

If I were to ask you WHY you are feeling discomfort, what would you say? Are you aware of the source of your discomfort? Some folks aren't and that's okay.

What's AWARENESS got to do with it?

When we become aware, we can develop AGENCY...

When we develop AGENCY, we can affect CHANGE, thereby increasing COMFORT through CHOICES.

COMFORT can return us to a state of pleasure, enjoyment, productivity and a sense of wellbeing.

It is something we have to work toward, however.

MOVEMENT MATTERS

- FUNDAMENTAL MOVEMENT PATTERNS:

PUSH, PULL, HINGE, SQUAT

ROTATE, CARRY, LOCAMOTION

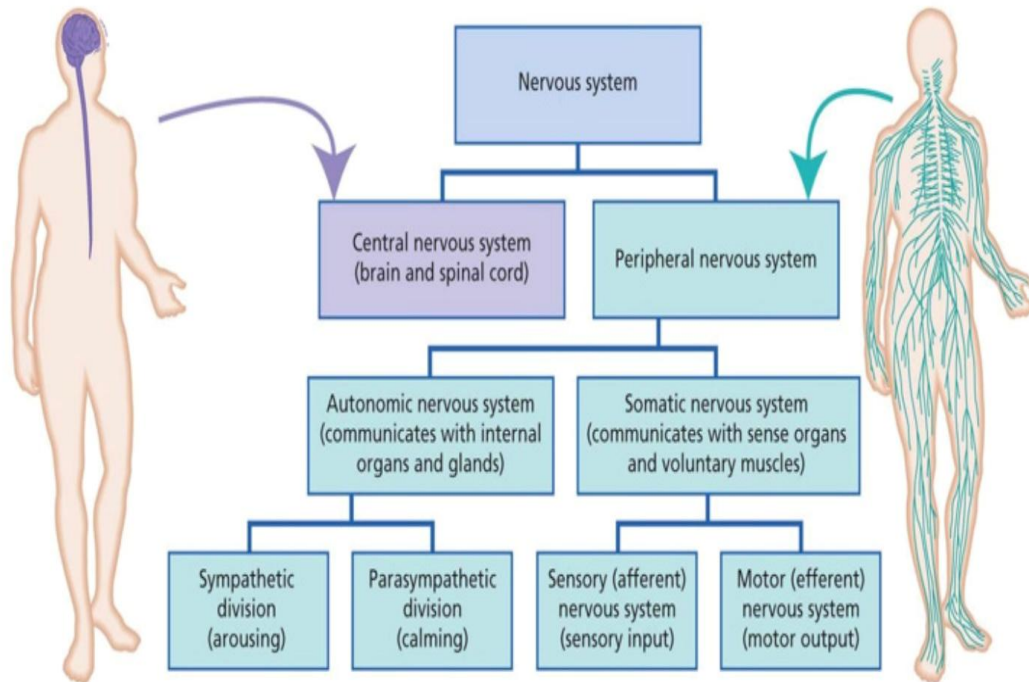
NEUTRAL SPINE – a relative term

- Balance Systems: Inner Ear, Eyes, Joints
- Range of Motion or ROM
- Movement Gains = Increased Productivity



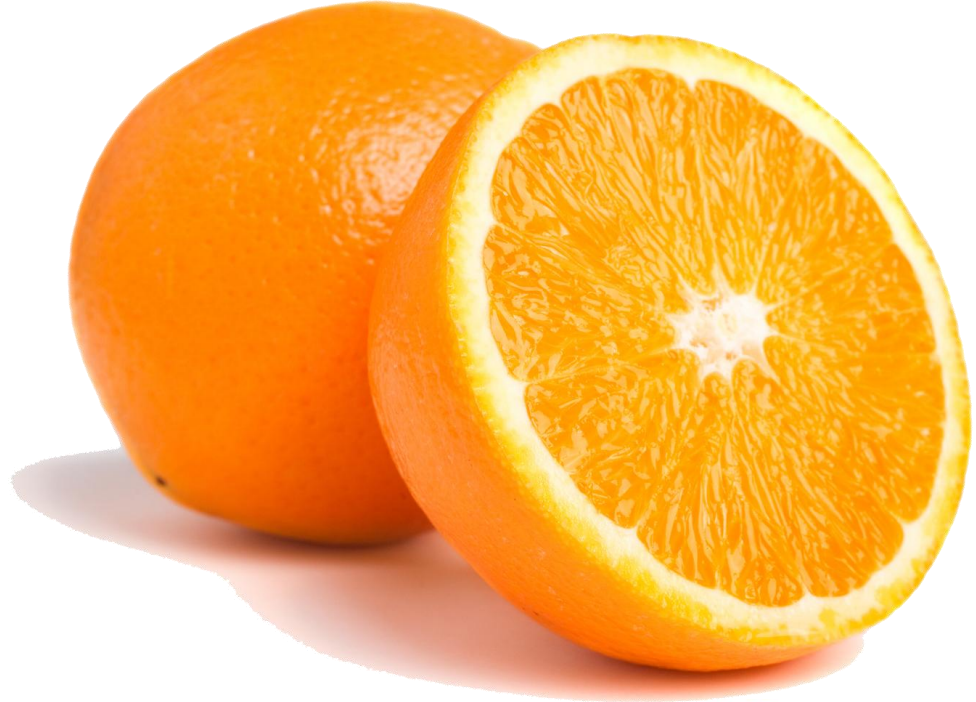
NERVOUS SYSTEM + BREATH

Meet your nervous system



Dr. Tom Nelson – Sports Activation Specialist

CONNECTIVE TISSUE



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MUSCLE AND FASCIA FIBERS

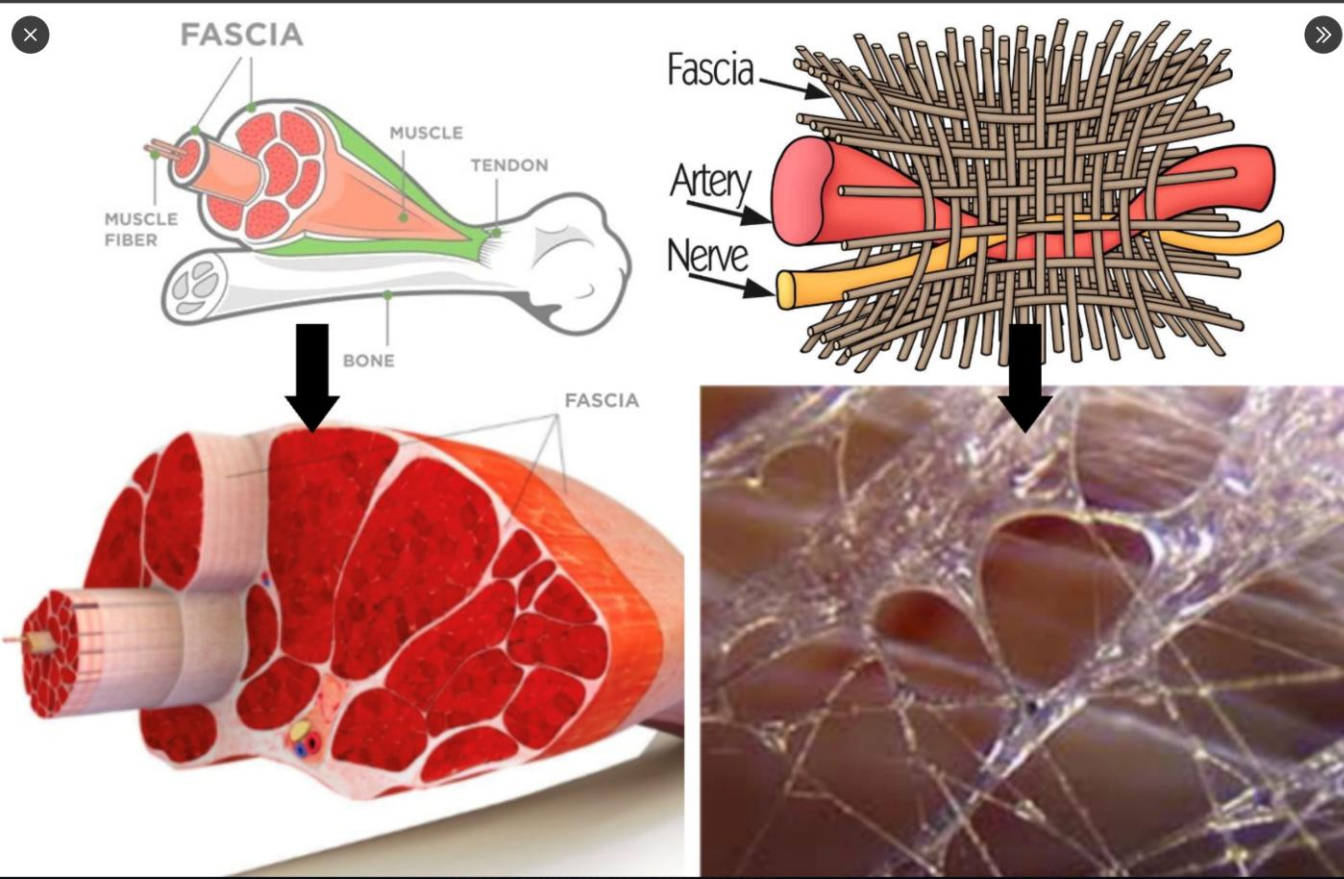
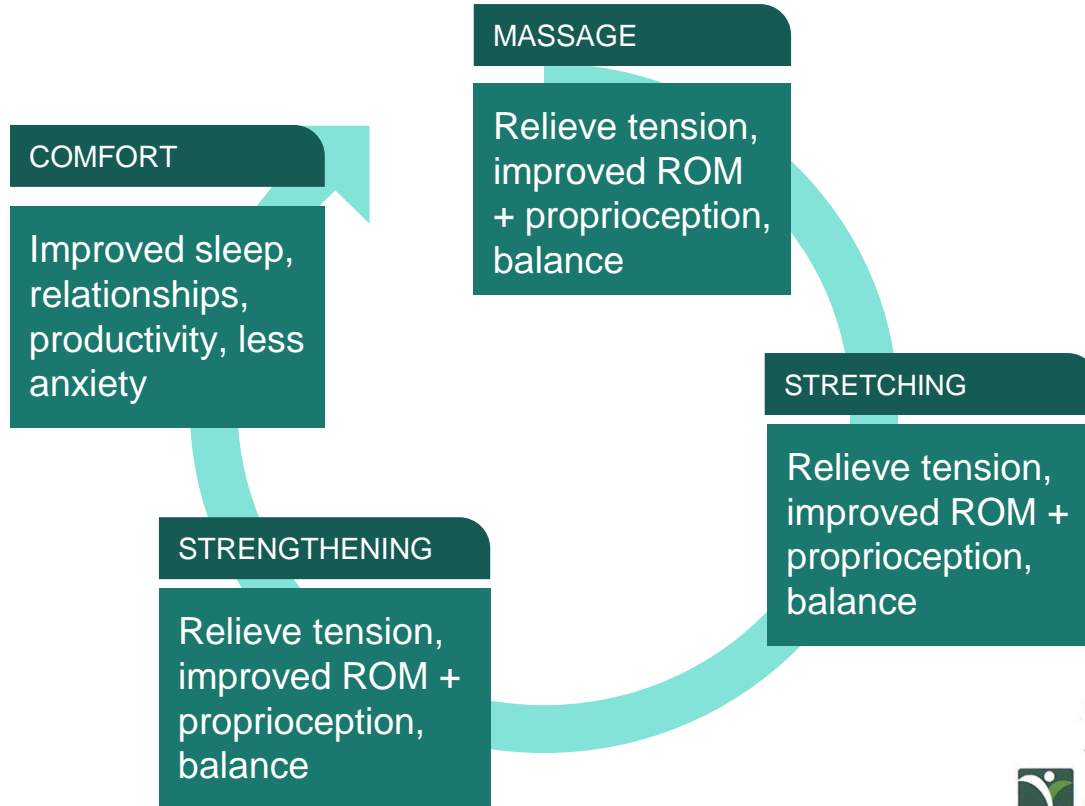


Image Source:
Andrew Panella
@Longevity_edu
on X

We are ADAPTIVE



Farmers + Fishers + Loggers. Oh My!

YOGA STRETCHES FOR FARMERS

Your body is your most valuable tool — keep it in good working order.

Stretch for five minutes at a time throughout the day to reap the rewards. In the morning to prepare for the work ahead, during the day to pause and recharge, and before bed to relax for a good night's sleep.

While stretching be sure to pause and breathe fully — in through the nose, out through the nose or mouth. A breath cycle is an inhale and an exhale. Inhaling, feel your lungs expand, your spine lengthen, and the crown of your head lift. Exhaling, continue to sit or stand tall, slowly expel the breath completely through the mouth or nose. Repeat X2, 10X anywhere, anytime.



COW POSE
Inhaling, fill the lungs. Lift the chest and feel the spine extend. Look up. Hold for 2-3 breaths.



CAT POSE
Exhaling, tuck the chin into the chest and slowly round the back. Hold for 2-3 breaths.



SEATED TWIST
Inhaling, sit tall, with weight evenly distributed on the sitz bones. Place right hand against outside of left knee. Exhaling, slowly turn torso and head to the left. Look toward your left shoulder, or in the direction of the left shoulder. Hold for 2-3 breaths. Repeat on opposite side.



SIDE BEND
Inhaling, sit tall. Bring right hand up above head. Exhaling, stretch hand over head and arc body to the left. Feel the stretch in the right side of body. Look straight ahead or up toward hand. Do not collapse into the left side. Breathe deeply and hold. Repeat on opposite side.



STANDING TWIST
Step right foot on a chair or other prop at 12" to 18" high. Feet are a comfortable distance apart. Place left hand on outside of right knee. Raise right hand out to side at shoulder height. Inhale, lengthen spine. Exhale, turn head and torso to the right. Hold for 2-3 breaths. Stand a bit taller with each inhale. Repeat on opposite side.



STANDING TWIST WITH LONG HANDLED TOOL
With feet hip distance apart, rest a tool lightly on shoulders. Hold tool with arms extended. Inhale, lengthen spine. Exhale, turn torso and head to the right. Hold for 2-3 breaths. Inhale, return to center. Repeat on opposite side.



WARRIOR POSE
Hold onto a support with right hand. Step left foot back about three feet, turn foot about 45 degrees left. Bend right knee and align directly over ankle. Keep left leg straight. With equal weight on both feet, reach hands skyward. Take a few deep breaths. Repeat with right foot back.



HALF DOWN DOG
Place hands on a prop or wall at waist height. Inhale, step both feet back. Exhale, bend from the hips, pushing away from the wall to lengthen spine. Arms are extended in front of you at shoulder height. With head between arms, look downward. Keep knees slightly bent. Hold for 2-3 breaths.



MAINE AgrAbility
Maine AgrAbility assists farmers, fishermen, and forest workers to overcome disabilities, injuries or other barriers so they can continue to work safely and productively in agriculture. This material is supported by a grant from the USDA National Institute of Food and Agriculture (2018) under sponsored project number 2018-47001-00175. More information is at our website, extension.umn.edu/agrability, or email maine.agrability@maine.edu.

YOGA STRETCHES FOR FISHERMEN

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Brie Weisman OTR/L, Antonia Small E-RYT500 and Monique Coombs CPT, CMCA

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SIDE BEND
Inhaling, stand tall. Bring right hand up above head. Exhaling, stretch hand over head and arc body to the left. Feel the stretch in the right side of the body. Look straight ahead or up toward hand. Do not collapse into the left side. Breathe and hold. Repeat on opposite side.



STANDING TWIST
Step left foot on a lobster trap or other sturdy surface 12" to 18" high. Feet are a comfortable distance apart. Place the right hand on the outside of the left knee. Raise left hand out to the side at shoulder height. Inhale, lengthen spine. Exhale, turn head and torso to the left. Hold for 2-3 breaths. Stand a bit taller with each inhale. Repeat on opposite side.



STANDING TWIST WITH GAFF
With feet hip distance apart, rest a tool lightly on the shoulders. Hold tool with arms extended. Inhale, lengthen spine. Exhale, turn torso and head to the right. Hold for 2-3 breaths. Inhale, return to center. Repeat on opposite side.



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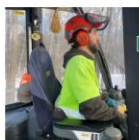
STRETCHES FOR LIMBER LOGGERS

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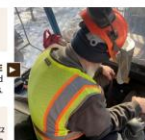
Brie Weisman, OTR/L; Antonia Small, E-RYT500; Bella Russo, RYT-200; and Donald Burr, Safety and Training Consultant

Stretch for five minutes at a time throughout the day to reap the rewards. In the morning to prepare for the work ahead, during the day to pause and recharge, and before bed to relax for a good night's sleep.

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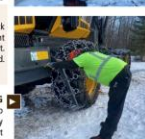
STANDING TWIST
Step right foot onto a sturdy surface, such as an equipment step, sturdy log, etc. Feet are a comfortable distance apart. Place the right hand on the outside of the left knee. Raise left hand out to the side at shoulder height. Inhale, lengthen spine. Exhale, turn head and torso to the right. Hold for 2-3 breaths. Stand a bit taller with each inhale. Repeat on opposite side.



STANDING TWIST WITH LONG-HANDLED TOOL
With feet hip distance apart, rest a long-handled tool such as a broom, a shovel, or stick lightly on the shoulders. Hold tool with arms extended. Inhale, lengthen spine. Exhale, turn torso and head to the right. Hold for 2-3 breaths. Inhale, return to center. Repeat on opposite side.



WARRIOR POSE
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Work Task : Stretch Break

Work Task:

Putting the boat on the hook

The work isn't over when you get to the wharf. You may be done tugging and pulling on traps, nets, or cages, but you've still got to get the boat on the mooring. Depending on how your boat is set up, that can also require some acrobatics, maneuvering, and heaving that can put some wear and tear on your muscles.



photo credit: Nicole Wolf

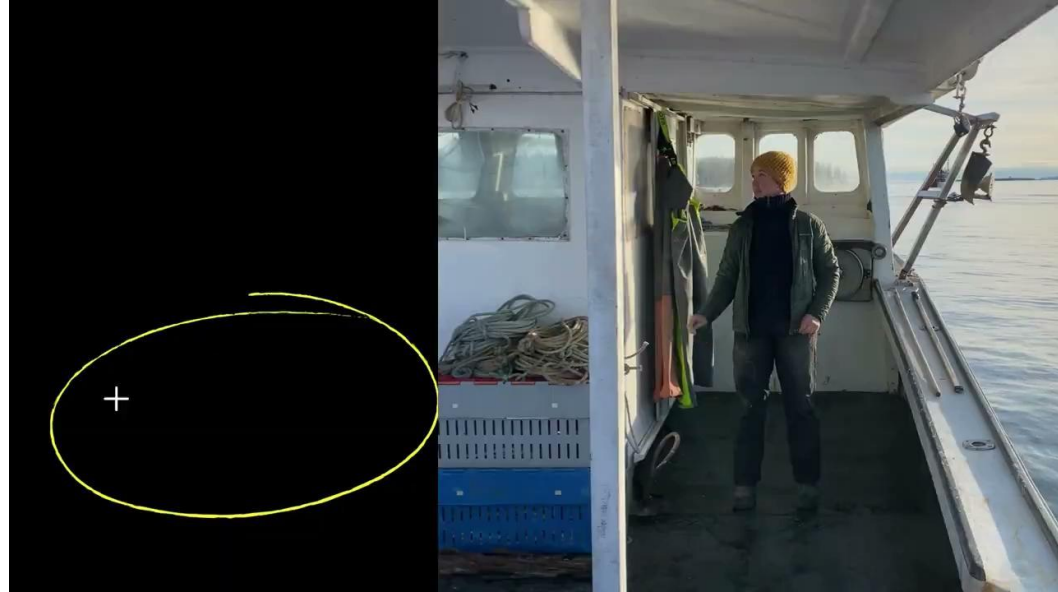
Stretch Break!

Standing side bend

Take two minutes after you put the boat on the hook to do a couple of side bends that can help release some of the tension from the day. Simply put one arm over your head and bend to the opposite side. Hold for at least 30 second and then do the other side.



Standing side bend



<https://extension.umaine.edu/agrability/fishing-resources/unhook-your-crook/>

MAINE
AgrAbility

RECAP

- All work has its drawbacks ergonomically – finding ways to move can help alleviate the worst
- Starting with gentle movements and self massage bring awareness to the body and breath
- Maintaining or regaining Range of Motion (ROM) helps prevent injury
- Weaving short movement practices into a workday can support longevity on the farm
- Balance is a blend of eyes, inner ear and joint relationships – look after all three systems
- Farming is a process, so is the care and maintenance of our bodies

RESOURCES

Connect: Maine.AgrAbility@maine.edu

1.800.287.1478

Website:

<https://extension.umaine.edu/agrability/>

- On the website you can find
 - News
 - Network Connections
 - Solutions & Resources
 - Videos



Questions?

Thank you for attending!

Antonia (Toni) Small, E-RYT, YACEP

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