

Is putting your back into gardening putting your back out?



It might be time to talk to your chiropractor

Gardening is so relaxing, enjoyable and fulfilling, its very gentleness carries with it the trap that's it's all too easy to overdo it — especially where your back is concerned.

Bending over to pull out weeds, lifting bags of potting mix or mulch, pruning, mowing the lawn, raking leaves, sweeping driveways and other gardening activities see you bending, arching your back or kneeling. These all put obvious strains on your body — especially if you stay in one position too long.

Gardening is widely seen as the most common source of back and neck pain. A common culprit for spinal injuries is the good old-fashioned bucket, which when filled with water can be extremely heavy. Because water is not a stable weight, carrying a full bucket places stress unevenly on one side of the body. It is recommended that you never overfill a bucket; instead use two smaller ones, which can be carried in each hand for a more even weight distribution.

If you feel as though gardening is affecting your wellness, consult your chiropractor: an expert in spinal health and related issues. Chiropractic is an extremely safe option with an excellent reputation for safety. Dr Heidi Haavik-Taylor, award-winning researcher of chiropractic adjustment explains:

'The process of a spinal adjustment is like rebooting a computer. The signals that these adjustments send to the brain, via the nervous system, reset muscle behaviour patterns. By stimulating the nervous system we can improve the function of the whole body.'^{1,2}

Doctors of chiropractic are able to provide expert advice for a range of issues affecting healthy lifestyle. Each week around 200,000 people in Australia turn to chiropractic care.

It's a matter of record that chiropractic is extremely safe. Chiropractors are highly qualified health professionals who have completed a 5-year university degree course and continue to update their knowledge through further education.

If you suffer from recurring aches and pains after gardening, it's time to talk to your chiropractor and reclaim your freedom to live.

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1. <http://www.scoop.co.nz/stories/GE0711/S00116.htm2>.

2. Taylor HH, Murphy B. (2008) Altered sensorimotor integration with cervical spine manipulation. J Manipulative Physiol Ther. 2008 Feb;31 (2):115-26.