



THE GARDENER'S PHYSICAL THERAPY TOOLS CHECKLIST

Part of the My Restorative Physical Therapy Physical Therapy Tools Check List Series



The Top 5 Physical Therapy Tools for Gardening & Yard Work!

Checklist built by Dr. Jennifer Prewitt, PT, DPT, OCS

- 1. Stand Up Weeder (\$36.97 online).** It is natural for most of us to stay crouched constantly if we are trying to pull weeds that are invading the whole lawn. This is a KILLER on the low back. Using a Stand Up Weeder will absolutely help save your back!
- 2. Reacher Grabber (\$10.99 online).** Not just for the elderly, these Reacher Grabbers are super beneficial for anything that involves repetitive grabbing/ picking up. The evergreen trees in my yard dropped hundreds of pine cones that were too small to be raked up. A Reacher Grabber was what I used to save my body. I love the ergonomic handle on this one as it is kind to your hand as well!
- 3. Gardening Knee Pad (\$11.96).** Once we are around the age of 7, our knee caps are completely hardened into bone. This means that kneeling is basically compressing bone onto another bone. If you garden in kneeling, you MUST HAVE padding. Get a gardening knee pad!
- 4. Garden Kneeler (\$35.97 online).** Looking for something a little more robust than just the knee pad. I love this for people who cannot kneel at all or who do need more assistance getting up and down from the ground. **NOTE: Keep in mind, sitting in a crouched forward position is not great for the back. I would not recommend using this position for longer than 10 minutes for a person of ANY AGE, WITH OR WITHOUT A HISTORY OF BACK PAIN!**
- 5. String Trimmer/ Edger (\$42.38 online).** This tool was a lifesaver for my body to trim the uneven patches of the yard that the mower could not get to!

Prices Checked at Time of Writing.

Product Links Available: myrestorativept.com/gadgets-gizmos