



PAIN GARDENING?

Gardening & Back Pain

The advanced report on protecting your spine through a full season of yard work.

You already saw the basics. Here's what's underneath: the mechanics of garden injuries, and how to garden pain-free all season.

1 Why bending and lifting in the garden strains your discs

Bending forward from the waist shifts your body's load onto the front edge of the lumbar discs — the opposite of how those discs are built to bear weight. Repeated over a gardening season, that pattern is a far more common cause of injury than any single heavy lift.

2 Proper body mechanics for digging, weeding, and planting

The safest gardening posture keeps the spine's natural curves intact and lets the hips and knees do the bending. For digging, that means a wide stance and straight back; for weeding, a kneeling pad instead of a stooped hover; for planting, working at raised height whenever possible.

3 Pre- and post-gardening stretch routines

A 5-minute warm-up — hip circles, cat-cow, and a standing back extension — primes the spine for repetitive bending before you start. Afterward, a few minutes of gentle extension stretches help reverse the flexed position your spine held for the last hour.

4 Warning signs that your back pain needs professional attention

Soreness that resolves within a day is a normal response to activity. Pain that radiates into a leg, numbness or tingling, or stiffness that's still present three days later are signs the issue has moved past simple muscle fatigue and into something worth having evaluated.

5 How regular chiropractic care keeps gardeners pain-free all season

Seasonal gardeners often do more repetitive spinal loading in a few spring weekends than the rest of the year combined. A pre-season check and periodic adjustments through the season keep small mechanical issues from compounding into the kind of pain that sidelines you for weeks.

DR. STROTHER'S PROTOCOL

This week's garden-back checklist

1. Do the 5-minute warm-up before your next gardening session
2. Set a 20-30 minute timer to change position and stand tall
3. Note any pain that lasts more than 2 days — don't wait it out

YOUR ADVANCED REPORT OFFER

Get ahead of this season's yard work.

Redeem your promo code for a New Patient Consultation — a straightforward look at whether your spine is ready for the season ahead.

GARDEN19

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