

Simple exercises for before and after gardening.

Please see one of our physiotherapists for an individual assessment and tailored exercise plan.

Forearm Stretch



Extend one arm out with elbow straight and use the other hand to grasp it at the side of the thumb and bend the wrist downward. Then, face palm forward and pull your hand back gently to feel a stretch in the forearm

Arm Circles



Stand up straight and look directly ahead of you. With your elbows straight, move your arms up, in, out, and down in order to form circles that are as large as possible

Trunk Rotations



Stand up with your feet directly under your hips. Cross your arms in front of your chest with your elbows at shoulder height. Without moving your hips, rotate the trunk to one side then the other in a controlled movement.

Side Stretch



Stand with your arms by your sides. Slowly bend sideways by sliding your hand down your thigh towards the floor. Slowly return to neutral position and repeat on the other side.

Clinics in Cranleigh, Dorking and Horsham



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Gardening Injury Prevention



Now that the better weather is beginning to arrive, many of us are feeling inspired to get out into the garden and start digging! Here are a few physio tips to help avoid some common injuries.