

YARD, GARDEN & ORCHARD WORK

Save your back for the weekend.

How to lift, rake, prune and climb ladders with less strain, plus a 5-minute warm-up and cool-down for yard days and orchard work.

Start here → Do the warm-up on page 2 before you pick up a single tool.

INSIDE THIS GUIDE

01 **Warm up first**
5 minutes before you start

02 **Lift it right**
Close, low and no twisting

03 **Raking and shoveling**
Switch sides, keep it short

04 **Pruning and ladders**
Reach less, move the ladder more

05 **Cool down**
5 minutes when you're done

General education only. Not a diagnosis or a treatment plan for you.
JOSEPH FAIR CHIROPRACTIC · 1421 STANDIFORD AVE, SUITE B, MODESTO, CA 95350 · (209) 521-1122 · INFO@JOSEPHFAIRCHIROPRACTIC.COM

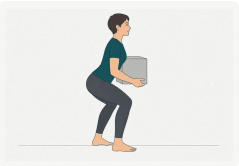
LIFT, WARM UP, COOL DOWN

The yard-day back plan

Most of the back pain we see after weekends comes from too much, too fast, bent over too long. Warm up, lift smart, take breaks every 20 minutes, and cool down.

STOP RULE: READ FIRST

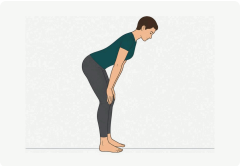
These are general, gentle movements, not a treatment plan for you. If Dr. Fair hasn't examined you, treat them as general education only; if you're a patient, follow what we've discussed. Keep every move small, slow and easy, skip anything you're unsure about, and stop if anything increases your symptoms. **Stop and call us at (209) 521-1122** if pain spreads or travels, numbness or tingling increases, you feel sharp or catching pain, or you notice new swelling or weakness.



01 Lift Close and Low

BAGS, POTS, BOXES · **EVERY LIFT**

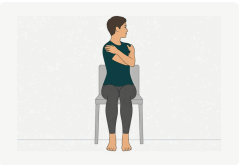
Feet wide, bend your knees and hips, keep your back long. Hug the load to your belly and stand up with your legs.



02 Hip Hinge Practice

WARM-UP · **10 REPS**

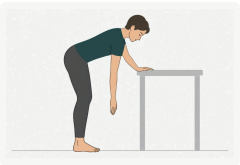
Soft knees, hands on thighs. Push hips back with a flat back, then stand tall. This is the move behind every good lift.



03 Easy Trunk Turns

WARM-UP · **10 EACH WAY**

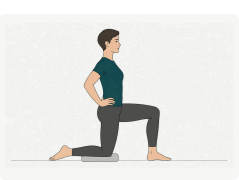
Arms crossed, turn gently side to side from your mid-back. Small and smooth before you rake.



04 Arm Swings

BEFORE PRUNING · **30 SEC EACH ARM**

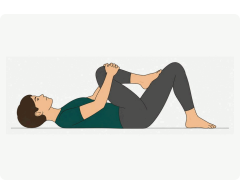
Lean on a table or tailgate and let one arm swing in small circles. Loosens the shoulder.



05 Kneeling Hip Opener

COOL-DOWN · **2 × 20 SEC EACH**

Half-kneel on a pad. Tuck your tailbone and shift forward gently. Great after bending over beds.



06 Knee to Chest

COOL-DOWN · **2 × 20 SEC EACH**

On your back, hug one knee in gently. Keep the other foot flat.

RAKING, PRUNING, LADDERS

Rake with short strokes and switch your lead hand every few minutes. Prune at chest height when you can, and move the ladder instead of leaning out. Keep three points of contact, and have someone hold the ladder.

LIGHTEN THE LOAD

Half-fill bags and buckets. Use a wheelbarrow or garden cart. Kneel on a pad for weeding instead of bending at the waist for an hour.

Get medical care right away for

- A fall from a ladder or tree, or any hit to the head
- Numbness or weakness in a leg, or trouble walking
- Loss of bladder or bowel control
- Back pain with fever or feeling sick

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