

# GARDENING WITH ARTHRITIS

## BASIC TOOL CONSIDERATIONS

1. Use light weight tools, not necessarily the sturdiest tools, even though durability may suffer.
2. Use longer handled tools to reach into garden beds, and to decrease bending. (Watch out for the increased weight of the tool. Choose the lightest long handled tool you can find.)
3. Use smaller tool ends to reduce the weight of the tool. This will also reduce the force to move through or lift the soil.
4. Use two hands to do the job if possible. For example, use a lopper instead of a one hand pruner.
5. Keep tools (hoes, shovels, pruners) sharp and oiled for less effort and strain when using them.

## Work Simplification and Energy Conversation

1. Plan ahead
2. Gather all equipment before hand
3. Store tools close to garden in a shed, mail box or plastic box
4. Avoid pinching, squeezing, or twisting motions
5. Convenient water source is critical-Not only for the garden but for YOU
  - a. Dragging hoses around the garden may be the hardest and most frustrating aspect of keeping the garden beautiful
  - b. Long hoses curling over the pathways make it hard to move around, not to mention, are also a hazard
6. Weed after watering or a rain
7. Use mulch to prevent weeds, decrease frequency of watering
8. Build the beds in raised gardens so the gardener can reach the center comfortably without stretching
9. Utilize hanging baskets with pulley systems
10. Incorporate Vertical gardening into your plans
11. Use energy conserving equipment
  - a. Wheel pump sprayer
  - b. Bucket caddy to carry tools
  - c. Automatic hose winder for storage
  - d. Two wheeled cart to carry equipment to garden (wheelbarrows put more strain on the back)