



## WHICH POSTURE ARE YOU?



## Outdoors

Gardening isn't exactly an extreme sport, but while you might not need a helmet to participate, you can take steps to avoid injury from maintaining improper posture.

Bending over seeding, weeding and watering, the hours can quickly slip by. Then there's activities like digging, carrying buckets, pushing wheelbarrows and lifting. Done the wrong way, these activities can place strain and stress on our backs, particularly when our bodies are held in unsound positions over a sustained period of time to perform them.

It's easy to understand how back pain can arise from our pursuits in the garden if we don't undertake these activities in the right way. And not surprising that in general, about 80% of people experience low back pain at some stage in their lives [13].

DIY activities around the home can result in a high rate of injury. In Australia it's been shown that of DIY injuries presented at an Emergency department, 75% of incidents occur in a residential setting, particularly the garden [14].

Any infrequent activity – whether you're an avid gardener or a weekend warrior on the sports field – should be prefaced by a few minutes preparing yourself both physically and mentally.

### Common Posture Problems

- Dowager's Hump (or increased kyphosis)
- Round Shoulders
- Uneven or rotated Hips

### Taking Action

The good news is that postural issues can be corrected, and even in some instances reversed. [39, 40].

For information about posture problems, as well as some tips to address them, speak to your CAA Chiropractor, or visit [www.whatsyourposture.com.au](http://www.whatsyourposture.com.au)

Find out more about **Outdoors** at  
[www.whatsyourposture.com.au/outdoors](http://www.whatsyourposture.com.au/outdoors)