



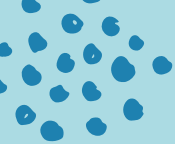
riverina
hand therapy



SAVE
YOUR
HANDS

*in the
garden*





OUR TOP TIPS

To reduce pain

1. Choose easy to care for plants that don't require a lot of pruning and maintenance.
2. Choosing tools that are easy to grip. Tools with larger handles will reduce the strain on finger joints when doing jobs like pruning or digging.
3. Taking regular rest breaks. This is hard when you love gardening and you get into your rhythm, so try setting an alarm to remind you – we suggest having a break from the same activity each 20 minutes.
4. Swapping your digging spade for a spade that is small and lighter. Being lighter means less strain to the hands, and being smaller means you are not tempted to dig large spadefuls.
5. Wearing custom made splints that fit you well is a fantastic way to reduce stress to your joints and provide support, particularly for heavier tasks such as raking, or weeding.

We can provide you with your custom made splint and exercises designed to support your painful joints. Make an appointment to see us and get closer to pain free gardening!

