Yard Work Safety Tips

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Osteoporosis and Gardening: Fall Clean-up

Osteoporosis makes it difficult to complete certain activities. Gardening can be one of these tasks. The reason people with Osteoporosis have difficulty gardening is because of the effect it has on the bones. When you have osteoporosis, your bones are not as thick as they should be. They become brittle, and pain is often experienced as a side effect. Some people with this condition find that activities they once enjoyed are no longer possible. For example, gardening is a favorite past time for many, but those with osteoporosis may find that gardening is difficult.

While osteoporosis does have a lot of painful side-effects, many people have continued with their normal daily activities by taking the proper steps. This fall, you can take part in fall clean-up gardening by using the yard work safety tips listed below.

Gardening goes beyond

When you take time to garden during fall clean-up, the new garden bed awaiting your flowers is not the only benefit/ Gardening is actually a very relaxing activity, and those with osteoporosis have to mind their stress levels in order to prevent progression of the condition. Even a short period of time gardening will provide you with the mental benefits you need to prevent excess build-up off stress in several areas of your life.

Take your medication

If you use Nsaids as part of your pain management therapy, taking them at least one hour prior to cleaning up your garden can help reduce pain immensely. Nsaid are commonly prescribed for osteoporosis because they reduce inflammation, and by taking these prior to heading outside, you're reducing the risk of a flare-up and aggravated symptoms.

Stretch

Stretching is one form of exercise that's crucial for osteoporosis patients. When you stretch out your limbs prior to fall clean-up, you're increasing their mobility and flexibly. The more you stretch out, the less likely you are to experience pain while spending time outdoors. Stretching can also reduce your risk of injury, as non-stretched muscles can easily be injured with only a small amount of movement.

Take it slow

If you've ever heard the saying Rome wasn't built in a day, you can apply it to this situation. While you may want to get your garden in tip-top shape in just a day or two, it's important that you keep a steady pace. Start off by spending 15 minutes outdoors. You can then increase that time to a half an hour, and generally you want to keep

it the same. Some osteoporosis patients find they can garden or a full hour without any ill effects, but each patient is different, and you need to monitor your own progress.

Take time to rest

After spending time in the garden, it’s important that you take time to rest. Resting each day will ensure you provide your body with the time it needs to heal after time outdoors. Without the proper amount of rest, you’re putting too much stress on your body, which can lead to ill effects.

Conclusion

By taking good care of yourself and allowing for extra time, you’ll find this fall is a great time to cleanup your garden. Happy gardening to you, and remember, pace yourself and take it one day at a time.