



**"Kneeling is always better for your back than bending over for long periods of time.** By kneeling in the garden, you are putting much less strain on your back and spine. If necessary, use kneepads to protect your knees from dirt or soreness.

"If you are weeding your garden, try sitting on a bucket to keep your body at an angle that supports your back.

"If you are going to shovel, make sure the shovel is placed directly in front of you and parallel to your hip bones. Also, using long-handled tools will help you maintain a proper posture."

—STEPHEN RITTER, M.D., *spine surgeon, Methodist Sports Medicine / The Orthopedic Specialists, Indiana*