

Health Tips:Farming with Arthritis

- **Improve joint care** through exercise and rest.
- **Maintain an acceptable body weight.**
- **Achieve a healthy lifestyle.**
- **Control pain with medicine**

Guidelines to reduce stress on joints and muscles:

1. Avoid any kind of bent or unnatural positions, for example overhead work, where elbows are above the shoulders, or extreme reaching below and behind the body.
2. Avoid keeping an arm outstretched either forward or sideways
3. Rearranged the workshop so that the commonly used tools and materials are in easy reach, to avoid lifting from below the knees or above the shoulders.
4. Adjust the height of the workbench to keep the elbows at 90 degrees and close to the body.
5. Keep the wrists in a neutral position where ever possible, if not try to work with the palms down.
6. Change postures frequently and use support where possible.
7. Never jump from machinery
8. For safety and convenience, add extra steps and hand rails to farm machinery

For more information, please contact us for more information:

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