

***Quick Garden Tips:
“The Transplant Shovel”***

By Christine Inserra PT

**MOVEMENTWISE
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773 338-5016



In my book one of the very best garden tools to have is a transplant shovel. It is sometimes called a drain shovel. With its long narrow blade it lets you do surgical digging! I easily and precisely chop into my hosta plants for division without cutting other plants. You get deep with less foot pressure and wow it is quick. You will find that a regular spade just doesn't cut it any more.

This wood handled shovel can be purchased from Lowe's for about \$25.00.

Remember:

- 1) Pace yourself, don't work beyond fatigue**
- 2) Keep well hydrated**
- 3) Vary your activities to reduce repetitive motions**
- 4) Vary your positions to avoid being in one position too long**
- 5) Wear your back, wrist or knee brace if prescribed**
- 6) Work smarter by using the right tools**
- 7) Loosen a tough weed or small plant rather than pulling hard and straining your back**
- 8) Recover afterwards by lying on books (see archives articles)**