

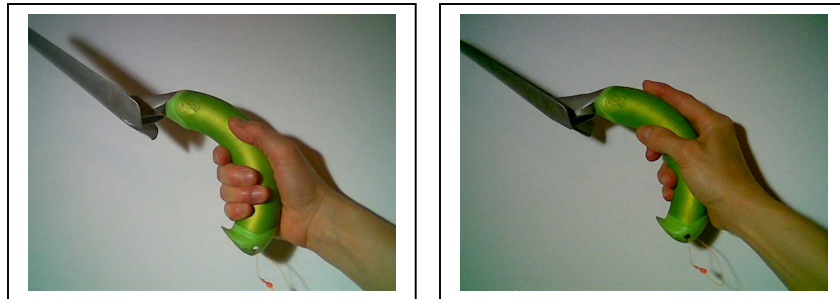
Quick Garden Tips: "The Radius"

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I highly recommend the "Radius" transplant hand tool. The ergonomic handle greatly reduces strain on one's wrist and the long tapered blade penetrates the earth more easily than wider trowels. It is readily available in hardware stores for about \$16.00. There are two ways to hold the tool, see which works best for you! I have not tried the Radius "weeder", but would welcome your opinions. Note; reduce the strain on you wrist by keeping the wrist "in neutral" (not flexing, not extending, nor sideways tipping). The line of your forearm should transmit force through the blade squarely.



- 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 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)

