

## ADAPTIVE GARDENING TOOLS

Many assistive products, gadgets, tools, aids, devices and other adaptive equipment make gardening and yard work easier.

### *Helpful Strategies:*

- Garden in Raised Beds, Window Boxes, or Containers for easier accessibility
- Vertical gardening requires less space for patios and balconies
- Tie cord around tools for easy retrieval when dropped
- Wear apron with front pockets for storage
- Use piece of lightweight pipe to sow seeds without bending

### Adaptive Tools

#### **Easi-Grip Long Reach Tools:**



*Useful for:* Individuals with low back pain or limited range of motion.  
Decreases need for bending during gardening tasks.

#### **Easi-Grip Garden Tools:**



*Useful for:* Individuals with wrist pain or discomfort, arthritis or carpal tunnel.  
Provides ergonomic positioning to decrease aggravation.

\*Available at ICAN for loan or:

[www.rehabmart.com/category/Easy\\_Grip\\_Garden\\_Tools](http://www.rehabmart.com/category/Easy_Grip_Garden_Tools)

## Step 2 Garden Hopper Seat:



*Useful for:* Individuals with low back pain, generalized weakness, decreased endurance, or decreased mobility. Eliminates repetitive bending and kneeling and provides storage for easy access to tools.

\*Available at: [www.walmart.com/ip/Step2-Garden-Hopper-Work-Seat](http://www.walmart.com/ip/Step2-Garden-Hopper-Work-Seat)

## Other Helpful Adaptive Gardening Links:

[www.arthritis.about.com/assistivedevicesgadgets](http://www.arthritis.about.com/assistivedevicesgadgets)

[www.forhelthtips.com/Adaptice-Garden-Tools](http://www.forhelthtips.com/Adaptice-Garden-Tools)

[www.infinitec.org/play/gardening/adaptivertools](http://www.infinitec.org/play/gardening/adaptivertools)

[www.nolimitgardening.com](http://www.nolimitgardening.com)

[www.brighthub.com](http://www.brighthub.com)

[www.gripworks.com](http://www.gripworks.com)

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