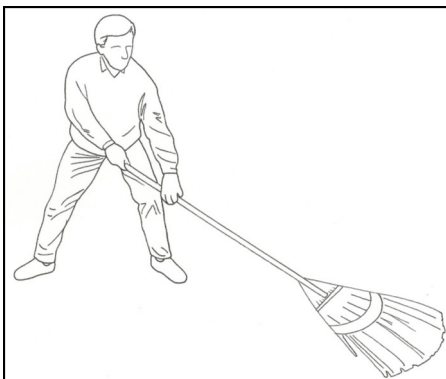


Raking the lawn, especially in spring or fall, can be tough on a body that is not used to this type of activity. Even though we have been quite active during the summer, in the fall when we begin the task of raking we generally are using our muscles differently than for any other task. Taking your back out of the work of raking and using your legs will not only prevent injury but will keep you from getting stiff and sore as a result of work that our bodies are not used to.



The usual way to rake is with the back. Observe your neighbors the next time you see them out raking and you will probably notice that the feet are only shoulder distance apart. This results in the back doing a repetitive bend/twist type move each time the rake is pulled.



To eliminate the back from this job, simply use wide stance with knees bent. As in the illustration above, note that with wide stance you can reach out even further with the rake than you could before with your back. Also, as you repeatedly pull the rake towards you, your arms and legs are working together. You can quickly get used to this method of raking and find that that this is much less fatiguing than the old bend/twist back raking style.

RAKING THE LAWN