

Doing What You Love: Gardening, Golf, and Tennis when Living with Knee Osteoarthritis

Key Points and References

Gardening

- Kneeling can be painful
 - Solutions:
 - Try knee pads or cushions to soften the kneeling surface
 - Try sitting on a small stool so you don't have to kneel
 - Raised flower beds allow you to stand while gardening
 - there is a cost, but it is a great way to protect your joints while still allowing you to do what you love
- Staying in one position, or in poor posture, can be painful (joints can get stiff and painful when they are in one position for too long)
 - Solutions:
 - Move around every 20 minutes or so
 - Rotate activities like planting, watering, and trimming so you can keep changing positions
- Heavy lifting can be painful
 - Solutions:
 - Break up the load into multiple trips
 - scoop soil into a bag or container and carry that instead of the entire bag of soil
 - break up these trips with other gardening activities
 - Use a wheelbarrow or garden cart to help transport heavy things
 - Use a combination of these strategies

Golf

- Carrying the golf bag can put a lot of extra force through the knees
- Walking long distances can create repetitive stress on the knees
 - Solutions:
 - Use a wheeled bag cart to transport the gold bag
 - Alternate riding in a golf cart and walking

- Walking without pulling a wheeled golf cart bag may be easier
- Ride in a golf cart
- Play the front or back 9, instead of the entire course
- Use a ball retriever or ball pick-up if bending over to pick up the ball is painful

Tennis

- Tennis involves many athletic moves which can be damaging to joints, especially side-to-side movements
 - Solutions
 - Play doubles
 - Play on a half court
 - Play on clay and grass courts rather than cement
 - Take breaks whenever you need to (pace yourself)
 - Alternate sitting and standing

Online Resources

Gardening

- Raised garden bed: http://eartheasy.com/grow_raised_beds.htm#c
- Raised garden bed: <http://www.cleanairgardening.com/raised-bed-gardening.html>
- Additional info:
<http://www.moveforwardpt.com/Resources/Detail.aspx?cid=19c9688e-6022-4204-9591-9a1cf27f0c67>

Golf

- Pull cart: <http://www.golfsmith.com/search/golf-push-pull-carts>
- Pull cart: http://www.discountgolfworld.com/proactive-sports-fairway-flyer-201-golf-pull-cart-p23580?man=proactive-sports&model=fairway-flyer201golf-pull-cart&id=w262888&utm_source=GoogleBase&utm_term=fairway-

[flyer201golf-pull-cart&utm_campaign=proactive-sports&utm_medium=comparison](#)

- Ball retriever: http://www.golfsmith.com/product/30056361/callaway-ultra-light-golf-ball-retriever/?lcode=CI&ci_src=17588969&ci_sku=30056361&prof=21&camp=7814&affcode=cr545521&cid=21920017391&networkType=search&tcode=GOOGLE&cm_mmc=Google-Product+Listing+Ads-All+Product+Listings-%7Bkeyword%7D&url=http%3A%2F%2Fwww.golfsmith.com%2Fproduct%2F30056361%2Fcallaway-ultra-light-golf-ball-retriever%2F%26lcode%3DCI%26ci_src%3D17588969%26ci_sku%3D30056361&gclid=CJfC3oO3hLQCFcU-MgodyAUAQg
- Ball retriever: http://www.globalgolf.com/product/accessory/-/sku-1023416-aaa/golf-ball-retriever/izzo/magic-cup.aspx?gd=1&id=42251307298&utm_content=plusbox&gclid=COHkupa3hLQCFckWMgodiAEApw

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