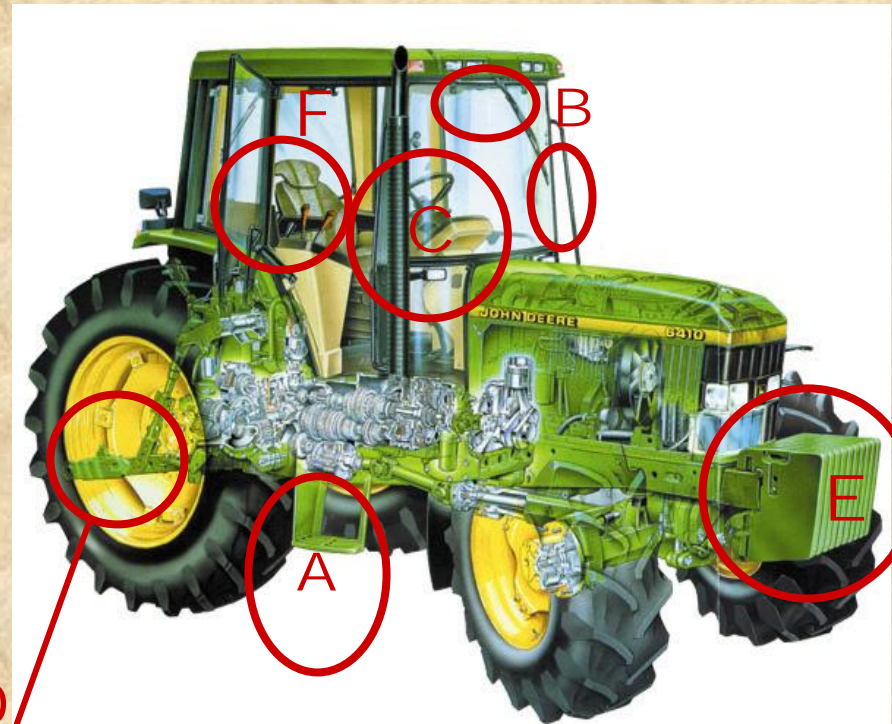


FARMING WITH ARTHRITIS – SIMPLE SOLUTIONS



University of Missouri - Columbia

- A** Problem: Tall steps and a lack of grab bars can cause stress on your joints.
Solution: *Adjust the height of your step so it is lower to the ground and add grab bars.*
- B** Problem: A lack of mirrors can result in pain due to constant twisting and turning to see.
Solution: *Adding mirrors can help maintain a clear field of vision and eliminate twisting and turning.*
- C** Problem: A high or uncomfortably placed control panel can result in stiff, painful joints.
Solution: *When buying or replacing equipment, look for comfortable, natural positioning of controls.*
- D** Problem: Hitching and unhitching implements can cause joint stress and pain.
Solution: *Ask for help or look into automatic systems.*
- E** Problem: Front end weights can cause pain when changing.
Solution: *Seek assistance when needing to adjust weights.*
- F** Problem: An uncomfortable seat can cause back, neck, and leg stress.
Solution: *Consider buying an ergonomic seat that reduces pressure and vibration.*



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