Farming with Arthritis

Farming with ARTHRITIS has its problems. The good news is that by using modifications you may prevent further injuries and reduce arthritis pain.

**HERE ARE SOME HELPFUL TIPS AND DEVICES THAT ARE LOW COST:**

- **ADD A STEP** with non-slip material to farm machinery to help with getting on and off farm machinery safely.

- **SUSPENSION SEAT** could be installed on your tractors or a **SEAT CUSHION** with lumbar support and **ADJUSTABLE ARM RESTS** added.

- **ADDITIONAL MIRRORS** could be added to the inside and outside of the tractor cab. You can see what is happening behind you without twisting your back.

- **COMMUNICATION TOOLS**, such as a cellular phone or two-way radio, can help save unnecessary trips and can be used in the event of an emergency.

- **SPINNER KNOBS** or **ENLARGED HANDLES** can be used to help with grasping or if you have a limited range of motion.

- **PORTABLE STOOL** and **UTILITY VEHICLE** will allow you to **SIT DOWN** as much as possible to lessen joint pain from prolonged standing and/or walking.

- **KNEE PADS** can be used when working on the ground.

- **GLOVES** can be worn to protect your hands.

- **THICKER GRIPS** can be used on tools and utensils to help with your grasp.

- **CUSHIONED MATS** can be placed around your work area to help reduce pain in your joints.

- **AUTOMATIC or SELF ADJUSTING TOOLS**, such as ratchets, power tools and air tools, can prevent repetitive motion.

- **MANY LOW COST MODIFICATIONS** can be used on your farm to prevent further injury.

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