

## Adaptive Gardening and Injury Prevention Six-Month Follow-Up

You attended a workshop on Injury Prevention in the Garden. A few months have passed and I would like to know if the information learned in the program has been helpful! Thank you for taking a moment to answer a few questions.

### Q1 Since taking the workshop, I have done the following while gardening:

	Never	Almost Never	Occasionally/ Sometimes	Almost Every Time	Every Time/ Frequently
Stretched each time before, during, and after gardening	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Used proper stances, posture, and technique when working in the garden	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Used best practices for minimizing pain and injury (ex: scheduling tasks; changing tasks often; hydrating regularly)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Q2 Since taking the workshop, I have done the following:

	Never	Rarely	Sometimes	Often	Always
Shared the skills I learned with other gardeners (ex: friends, family, neighbors, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Am more aware of my body posture and how I use tools when gardening	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Q3 BEFORE taking the workshop, my overall level of pain after gardening on a scale of 0-10 where 0=no pain to 10=extreme pain was (circle one):

0    1    2    3    4    5    6    7    8    9    10

### Q4 After/Since taking the workshop, my overall level of pain after gardening on a scale of 0-10 where 0=no pain to 10=extreme pain was (circle one):

0    1    2    3    4    5    6    7    8    9    10

**Thank you!**