

## Adaptive Gardening and Injury Prevention Workshop Post-Program Survey

Thank you for attending the workshop on Injury Prevention in the Garden. Your responses help improve future programming on this topic. Your feedback is appreciated!

### Q1 Prior to participating in the workshop, I knew....

Statement	Yes	Somewhat	No
Common challenges of gardening (ex: can exacerbate existing conditions; injuries; personal expectations)			
Stretches and exercises that help ease pain and discomfort common to gardening			
Safe movements in gardening (ex: how to lift; reach; kneel; use long-handled tools)			
Best practices to follow when gardening (ex: how often to change tasks; planning; personal preparation)			

### Q2 As a result of participating in the workshop, I know...

Statement	Yes	Somewhat	No
Common challenges of gardening (ex: can exacerbate existing conditions; injuries; personal expectations)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stretches and exercises that help ease pain and discomfort common to gardening	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Safe movements in gardening (ex: how to lift; reach; kneel; use long-handled tools)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Best practices to follow when gardening (ex: how often to change tasks; planning; personal preparation)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Q3 Prior to participating in the workshop, I....**

Statement	Yes	Sometimes	No
Stretched each time before, during, and after gardening	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Used proper stances, postures, and techniques when working in the garden	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Used best practices for minimizing pain and injury (ex: scheduled tasks; changed tasks often; hydrating regularly)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Q4 As a result of participating in the workshop, I plan to...**

Statement	Yes	Sometimes	No
Stretch each time before, during, and after gardening	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use proper stances, posture, and technique when working in the garden	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use best practices for minimizing pain and injury (ex: scheduling tasks; change tasks often; hydrating regularly)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Q5 Was the information presented in the workshop beneficial to you?**

- Yes
- Somewhat
- No

**Q6 In what way(s) would the workshop have been beneficial (or more beneficial)?**

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**Q7 How will you plan to use the information and exercises as you garden in the future?**

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**Q8 What gender do you most closely identify with?**

- Male
- Female
- Non-binary / third gender
- Prefer not to answer

**Q9 Please describe your ethnicity.**

- Hispanic or Latino
- Non Hispanic or Latino
- Prefer not to answer

**Q10 Please describe your race. Check all that apply.**

- White
- Black or African American
- American Indian or Alaska Native
- Asian
- Native Hawaiian or Pacific Islander
- Prefer not to answer

**Thank you!**