FARMING WITH ARTHRITIS - TRACTOR SIMPLE SOLUTIONS

University of Missouri

Problem: Tall steps and a lack of grab bars can cause stress.
Solution: Adjust the height of your step so it is lower to the ground and add grab bars.

Problem: A lack of mirrors can result in pain due to constant turning and straining to see.
Solution: Adding mirrors can help maintain a clear field of vision and eliminate twisting and turning.

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.

Problem: Hitching and unhitching heavy implements can cause joint stress and pain.
Solution: Ask for assistance or investigate automatic systems.

Problem: Front end weights can cause pain when changing.
Solution: Seek assistance when needing to adjust weights.

Problem: An uncomfortable seat can cause back, neck and leg stress.
Solution: Consider purchasing an ergonomic seat that reduces pressure and vibration.

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