Avoid twisting your body while raking.

Use your legs to shift your weight rather than twisting your back.

Use a properly sized rake for your height and strength. A 24 inch rake recommended for a medium size person, approximately 5.5 feet tall.

Wear gloves to help prevent blisters on the hands.

Bend at the knees, rather than the waist to pick up items.

Do some form of light exercise for approximately ten minutes to warm up the muscle prior to raking.

Try to vary your movements as much as you can to avoid over use of certain muscle groups.

Don’t overdo it. Raking is an aerobic activity you may need to take frequent breaks or slow your pace if you are an infrequent exerciser.

As with any form of exercise, be sure to drink plenty of fluids to prevent dehydration.

When you’re done, gentle muscle stretching can help relieve tension in the muscles. A hot bath can relax muscles as well.