



MAINE AgrAbility

**Let's Moooove! Movement and Massage for Longevity
on the Farm**

With Maine AgrAbility
Antonia (Toni) Small, E-RYT, YACEP

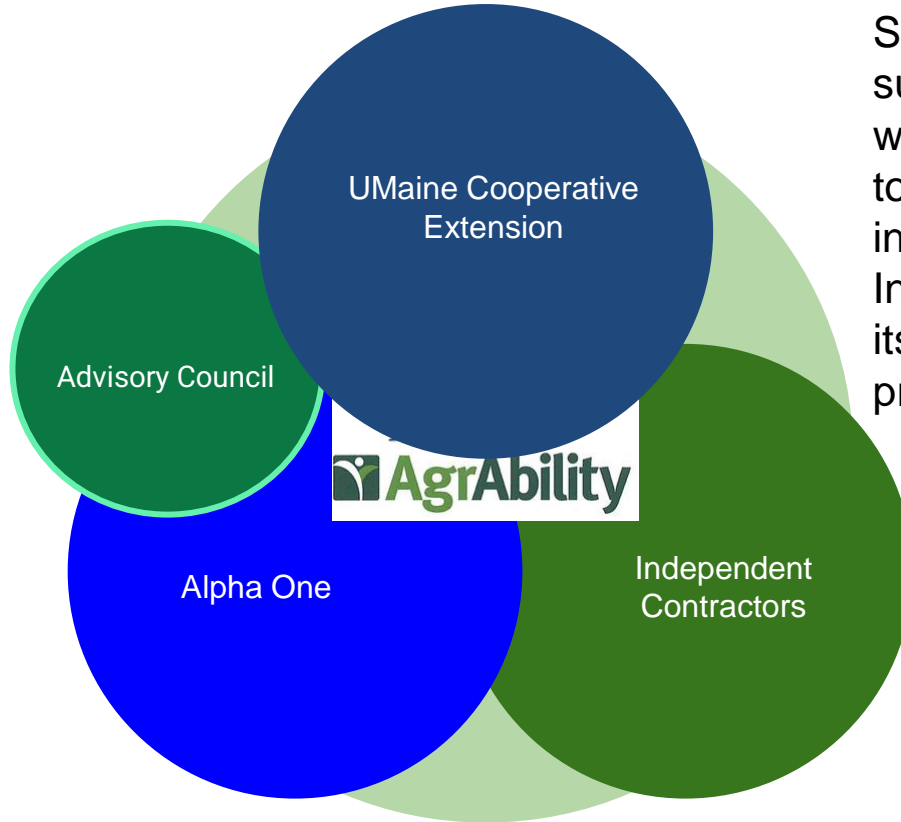
PRESENTER



Antonia Small, E-RYT 500, YACEP, Oryx Worx LLC, Ice House Seafood LLC

Toni has been teaching yoga and fitness to older students from Port Clyde, Maine for over a decade. She began oyster farming on the side with her husband John, a fisherman, in 2016. Her work with FishAbility began in 2021.

Who is Maine AgrAbility?



Since 2010, Maine AgrAbility supports farmers, and farm workers who experience barriers to employment such as aging, injury, or chronic illness. In 2014, Maine AgrAbility began its FishAbility and LogAbility programs.



Learning Objectives

- The types of farm work that increase risk of musculoskeletal discomfort.
- Aging bodies and progressive limitations.
- How movement + self-massage can improve flexibility, strength, balance and increase productivity (and wellness) on the farm.
- Add moovements to your day on the farm!

Brie shows lobsterman Max Oliver, a standing twist pose, to stretch his back in between trap work.



What leads to discomfort?

Repetitive Motion Anyone? What gesture do you perform repeatedly day after day on your farm?

Strenuous Tasks - Are you lifting 50+ lbs regularly? With or without mechanical advantage? What else?

Sedentary Activities – Someone has to do the books, mind the store, drive the tractor or truck...

Aging - Muscle mass, bone issues, vision, reflexes, hearing, processing, stiffness, temperature intolerance...

In essence: WORK + LIFE



What's to be done?

Develop Awareness – HUH?? If I were to ask you WHY you are feeling discomfort, what would you say?

What's AWARENESS got to do with it? When we become aware, we develop AGENCY...

When we develop AGENCY, we can affect CHANGE, and potentially, increase COMFORT.

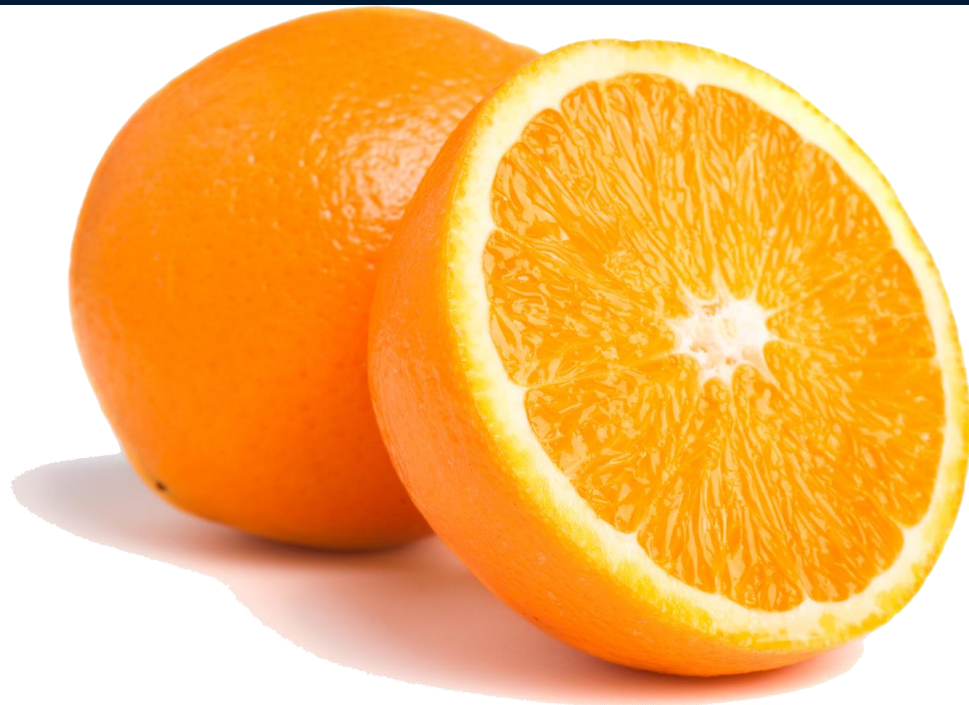
Comfort can return us to a state of pleasure, enjoyment, productivity and a sense of wellbeing.

MOVEMENT MATTERS

- What IS Flexibility?
- WHAT is Range of MOTION?
- What IS Strength?
- POSTURE, INJURY PREVENTION
- Balance Systems
- Movement gains = Productivity
- Let's talk about Charlotte's Web, Oranges and Honeycombs



BIOTENSEGRITY + FASCIA



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BIOTENSEGRITY + FASCIA

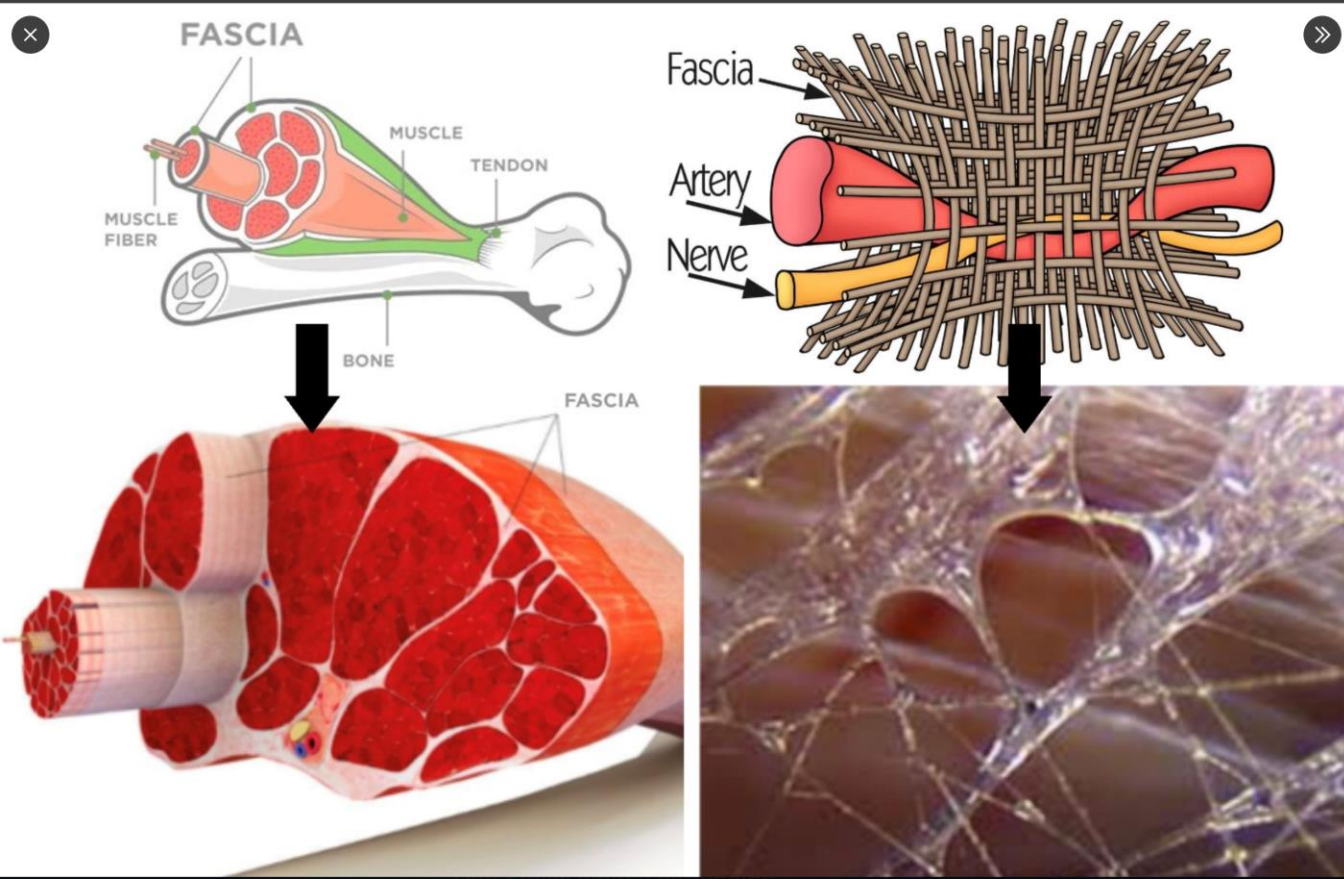
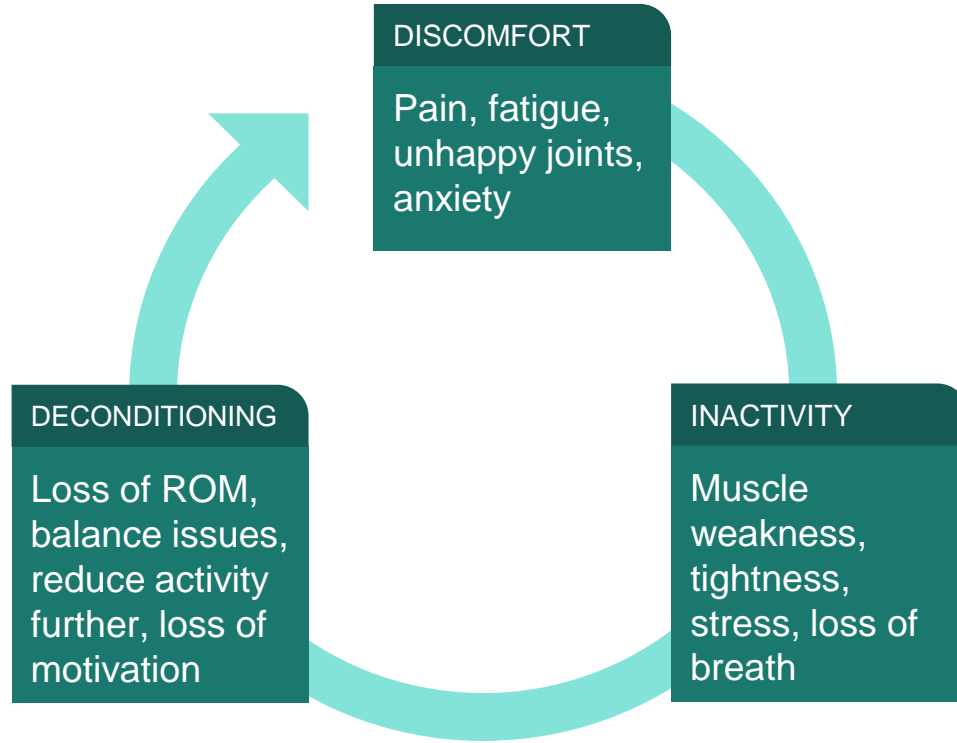
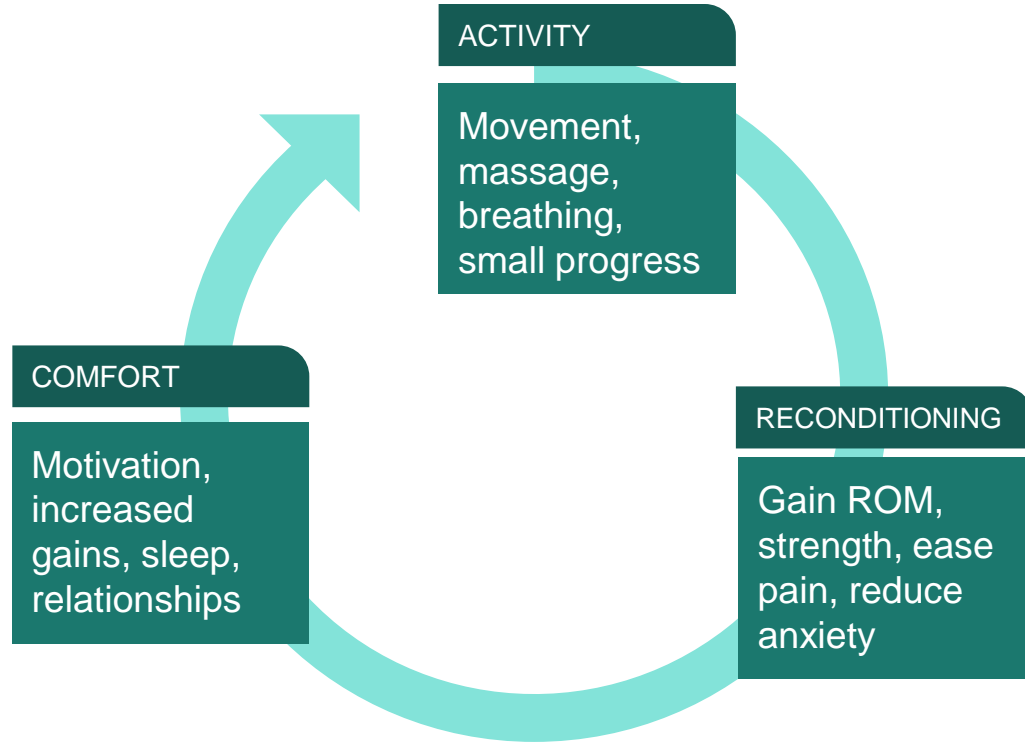


Image Source:
Andrew Panella
@Longevity_edu
on X

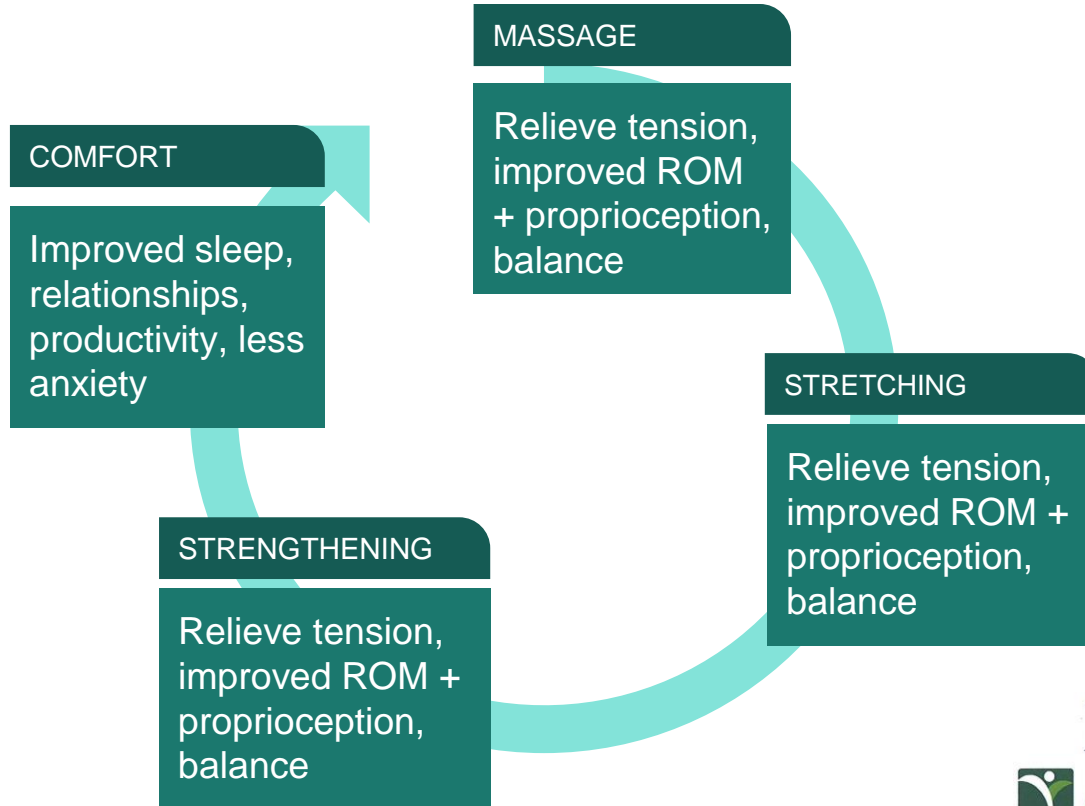
We are highly ADAPTIVE



We're highly ADAPTIVE



We're still ADAPTIVE



When we LOVE what we do



We keep doing it.

In the photo that has launched a thousand memes, lobsterwoman Virginia Oliver tossed back an undersized lobster as she and her son, Max, haul together in Maine. At 101 years old, Virginia may be the oldest lobsterwoman in the world. JESSICA RINALDI/GLOBE STAFF

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On the Farm + On Boats!

YOGA STRETCHES FOR FARMERS

Your body is your most valuable tool — keep it in good working order.

Stretch for five minutes at a time throughout the day to reap the rewards. In the morning to prepare for the work ahead, during the day to pause and recharge, and before bed to relax for a good night's sleep.

While stretching be sure to pause and breathe fully — in through the nose, out through the nose or mouth. A breath cycle is an inhale and an exhale. Inhaling, feel your lungs expand, your spine lengthen, and the crown of your head lift. Exhaling, continue to sit or stand tall, slowly expel the breath completely through the mouth or nose. Repeat 2X, 10X anywhere, anytime.



COW POSE
Inhaling, fill the lungs. Lift the chest and feel the spine extend. Look up. Hold for 2-3 breaths.

CAT POSE
Exhaling, tuck the chin into the chest and slowly round the back. Hold for 2-3 breaths.

SEATED TWIST
Inhaling, sit tall, with weight evenly distributed on the sit bones. Place right hand against outside of left knee. Exhaling, slowly turn torso and head to the left. Look toward your left shoulder, or in the direction of the left shoulder. Hold for 2-3 breaths. Repeat on opposite side.



SIDE BEND
Inhaling, sit tall. Bring right hand up above head. Exhaling, stretch hand over head and arc body to the left. Feel the stretch in the right side of body. Look straight ahead or up toward hand. Do not collapse into the left side. Breathe deeply and hold. Repeat on opposite side.

STANDING TWIST
Step right foot on a chair or other prop at 12" to 18" high. Feet are a comfortable distance apart. Place left hand on outside of right knee. Raise right hand out to side at shoulder height. Inhale, lengthen spine. Exhale, turn head and torso to the right. Hold for 2-3 breaths. Stand a bit taller with each inhale. Repeat on opposite side.



STANDING TWIST WITH LONG HANDLED TOOL
With feet hip distance apart, rest a tool lightly on shoulders. Hold tool with arms extended. Inhale, lengthen spine. Exhale, turn torso and head to the right. Hold for 2-3 breaths. Inhale, return to center. Repeat on opposite side.

WARRIOR POSE
Hold onto a support with right hand. Step left foot back about three feet, turn foot about 45 degrees left. Bend right knee and align directly over ankle. Keep left leg straight. With equal weight on both feet, reach hands skyward. Take a few deep breaths. Repeat with right foot back.



HALF DOWN DOG
Place hands on a prop or wall at waist height. Inhale, step both feet back. Exhale, bend from the hip, pushing away from the wall to lengthen spine. Arms are extended in front of you at shoulder height. With head between arms, look downward. Keep knees slightly bent. Hold for 2-3 breaths.



YOGA STRETCHES FOR FISHERMEN

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Brie Weisman OTR/L, Antonia Small E-RYT500 and Monique Coombs CPT, MCHA

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STANDING TWIST
Step left foot on a lobster trap or other sturdy surface 12" to 18" high. Feet are a comfortable distance apart. Place the right hand on the outside of the left knee. Raise left hand out to the side at shoulder height. Inhale, lengthen spine. Exhale, turn head and torso to the left. Hold for 2-3 breaths. Stand a bit taller with each inhale. Repeat on opposite side.



STANDING TWIST WITH GAFF
With feet hip distance apart, rest a tool lightly on the shoulders. Hold tool with arms extended. Inhale, lengthen spine. Exhale, turn torso and head to the right. Hold for 2-3 breaths. Inhale, return to center. Repeat on opposite side.



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Coming next:
Yoga for Loggers

Work Task : Stretch Break

Work Task:

Putting the boat on the hook

The work isn't over when you get to the wharf. You may be done tugging and pulling on traps, nets, or cages, but you've still got to get the boat on the mooring. Depending on how your boat is set up, that can also require some acrobatics, maneuvering, and heaving that can put some wear and tear on your muscles.



photo credit: Nicole Wolf

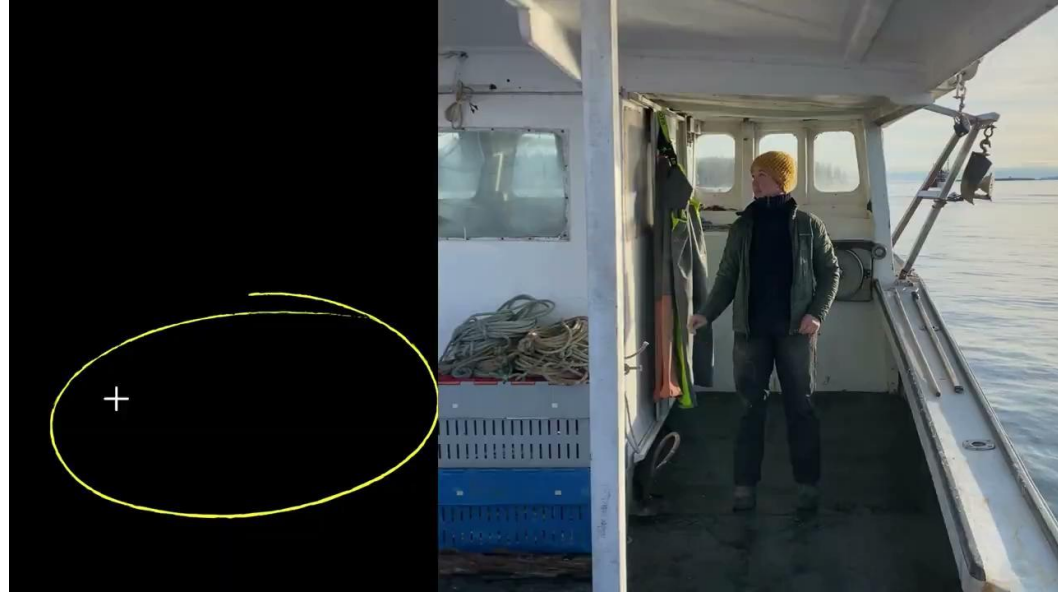
Stretch Break!

Standing side bend

Take two minutes after you put the boat on the hook to do a couple of side bends that can help release some of the tension from the day. Simply put one arm over your head and bend to the opposite side. Hold for at least 30 second and then do the other side.



Standing side bend



<https://extension.umaine.edu/agrability/fishing-resources/>

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RECAP

- All work has its drawbacks ergonomically – finding ways to move can help alleviate the worst
- Starting with gentle movements and self massage bring awareness to the body and breath
- Maintaining or regaining Range of Motion (ROM) helps prevent injury
- Weaving short movement practices into a workday can support longevity on the farm
- Balance is a blend of eyes, inner ear and joint relationships – look after all three systems
- Farming is a process, so is the care and maintenance of our bodies

RESOURCES

Connect: Maine.AgrAbility@maine.edu

1.800.287.1478

Website:

<https://extension.umaine.edu/agrability/>

- On the website you can find
 - News
 - Network Connections
 - Solutions & Resources
 - Videos



Questions?

Thank you for attending!

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