



Tips from your physiotherapist



Reaching, lifting and carrying

Reaching

Do not

- Overreach
- Strain your back
- Reach while balancing on one leg

Do

- Reach at a comfortable height
- Keep heavy objects at waist level
- Stand on a sturdy object



Lifting

Do not

- Lift anything too heavy for you, ask for help
- Strain your back

Carrying

- Hold load close to your body
- Pull in stomach muscles

Do

- Carry heavy objects with both hands
 - Hold object close to your body
 - Maintain an upright posture
 - Tighten the stomach muscles
-
- Maintain an upright posture
 - Bend legs when lifting or lowering heavy objects

This content is for information and educational purposes only. The South African Society of Physiotherapy (SASP) has attempted to provide recent and accurate information at the time of publication. The SASP does not assume liability for the use of information contained on these pages. It also does not replace, nor should it be considered an alternative to a medical consultation. © 2010 SASP.

The South African Society of Physiotherapy
Tel (011) 615 3170 | Fax 086 559 8237 / 086 679 0681
www.physiosa.org.za | consultant@saphysio.co.za