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

Do
• Carry heavy objects with both hands
• Hold object close to your body
• Maintain an upright posture
• Tighten the stomach muscles

Carrying
• Hold load close to your body
• Pull in stomach muscles

• Maintain an upright posture
• Bend legs when lifting or lowering heavy objects