

Reaching.

Reaching for things can often be part of daily life, but did you know that reaching away from your body not only places extra strain on your shoulders, but also causes a significant amount of additional stress on your trunk. This increases the risk of lower back problems, a major cause of time off work and disability.

Lifting and handling away from the trunk not only increases the risk of injury, but also takes a lot more effort.

Where possible you should always try to avoid reaching, but if it can't be avoided try to follow these top tips:

- 1** Use an arm to brace yourself against something.
- 2** If reaching forwards, have one foot well in front of the other to maximise balance.
- 3** Avoid reaching and twisting as this can place even more stress on your joints.

**If you start to develop aches and pains, contact RehabWorks for physiotherapy support on:
0333 222 0712**

