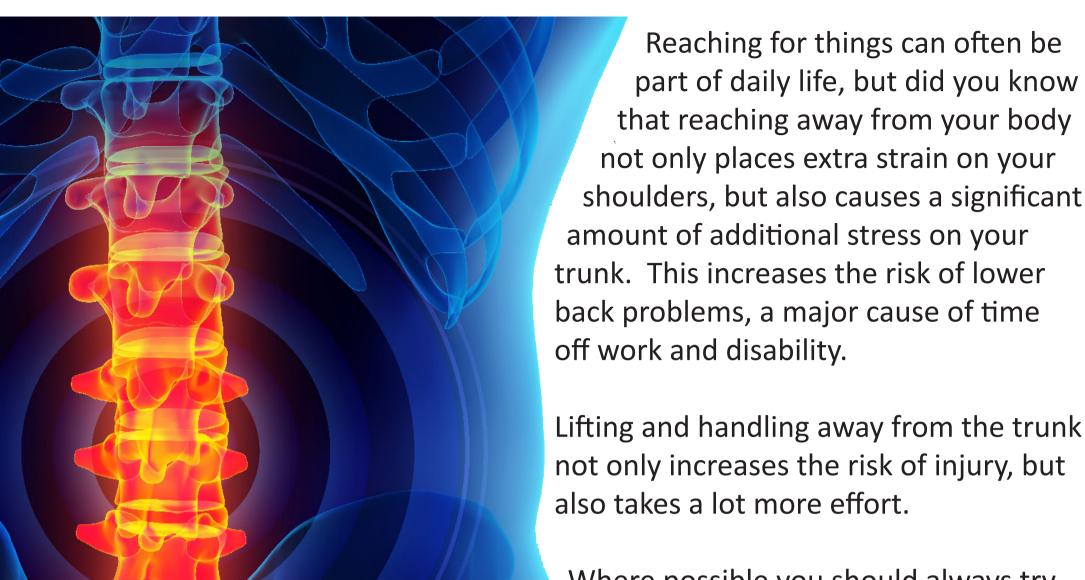
## Reaching.



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

