

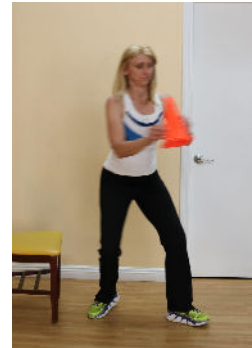
Quick Reference Guide: Safe Movement Techniques

From Dr. Kathy Doubleday DPT and Dr. Kaitlin Ryan DPT

1. "Nose Follows Toes" - Safe Turning

When to use: Anytime you need to turn or change direction

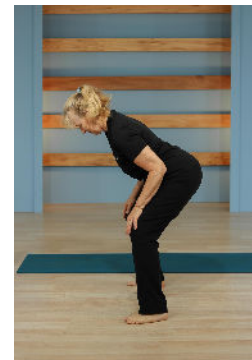
- ✓ Keep your nose aligned with your toes
- ✓ Turn your whole body as one unit
- ✓ Take small steps to pivot
- ✗ Avoid twisting your upper body independently



2. "Hip Hinge" - Safe Bending

When to use: Picking up objects, gardening, loading laundry

- ✓ Keep your back straight
- ✓ Bend at your hips, not your waist
- ✓ Push your bottom back as if sitting in a chair
- ✓ Keep chest lifted
- ✗ Avoid rounding your back



3. "Golfer's Reach" - Safe Picking

When to use: Retrieving light objects from ground

- ✓ Stand on one leg
- ✓ Lift opposite leg behind you as counterbalance
- ✓ Keep your back straight as you reach down
- ✓ Use nearby support if needed
- ✗ Avoid bending and twisting



4. "Boxers Stance" - Stable Position

When to use: Working in kitchen, gardening, household tasks

- ✓ One foot slightly in front of the other
- ✓ Feet shoulder-width apart
- ✓ Knees slightly bent
- ✓ Weight evenly distributed
- ✗ Avoid standing with feet together



5. "Brace and Embrace" - Sudden Movements

When to use: Sneezing, coughing, laughing

- ✓ Engage core muscles
- ✓ Support ribs with arm if possible
- ✓ Maintain neutral spine
- ✓ Use wall/chair support when available
- ✗ Avoid sudden twisting or bending



Remember:

- Keep weight close to your body
- Take frequent breaks
- Change positions regularly
- Listen to your body
- When in doubt, move carefully and mindfully

For more detailed guidance, visit our website or consult with your physical therapist.