Move well during household chores

Small changes can reduce prolonged bending, reaching and twisting.

PRACTICAL ADVICE FOR EVERYDAY MOVEMENT



Ironing

WATCH FOR

A low board can encourage rounding and neck flexion. Standing still may also fatigue the back.

TRY THIS

- Set the board close to waist or belly-button height, with shoulders relaxed.
- Use a small, stable footrest and alternate feet regularly. Avoid loose books.
- Move your feet with the iron instead of repeatedly reaching or twisting.



Washing dishes

WATCH FOR

Reaching into a deep sink may round the upper back and load the lower back.

TRY THIS

- Stand close to the sink; bring frequently used items within easy reach.
- Rest one foot on a stable low ledge or footrest and swap sides.
- For longer jobs, pause and gently straighten up every few minutes.



Washer & tumble dryer

WATCH FOR

Repeated bending, twisting and lifting a full basket away from the body can increase effort.

TRY THIS

- Raise the basket on a sturdy chair or stool when safe, and load smaller amounts.
- Face the machine. Bend at hips and knees, keeping the load close.
- Move your feet to turn; avoid lifting and twisting at the same time.



Cooking & food prep

WATCH FOR

A low worktop, prolonged standing and reaching for pans can tire the neck, shoulders and back.

TRY THIS

- Stand close and bring ingredients and utensils into your work zone.
- Alternate one foot on a stable footrest during longer preparation tasks.
- Split prep into stages and change position rather than holding one posture.

A useful rule: the best posture is often your next posture.

Pace heavier jobs, alternate sides and ask for help when needed. Stop if pain, dizziness, weakness or numbness develops.

General information only - adapt advice to your abilities and any guidance from your clinician.