

SAFE INDOOR TRAVEL: PROTECT YOUR UPPER BODY

The upper body protective technique can help you protect your upper body from hanging plants, open cupboard doors, and room doors that are partially open:

- Raise your stronger arm to shoulder height and extend it out in front of your body, as if you were pointing straight ahead.
- Bend your arm so that your forearm is across your chest, and touch your opposite shoulder with your fingertips.
- Move your hand approximately 10-12 inches away from your shoulder.
- You can estimate this distance by visualizing a shoebox or ruler placed lengthwise between your shoulder and your hand.
- Curl your fingers, spread them slightly apart, and keep your wrist straight as you turn your palm outward so that it faces away from your body.

Page 1 of 2

Brought to you by:



This publication is a project of Associates for World Action in Rehabilitation & Education (AWARE), a nonprofit organization that provides information and education on vision loss.

This and other vision loss information is also available online at VisionAWARE.org, a "Self-Help for Vision Loss" website. VisionAWARE is a program of AWARE.

AWARE
P.O. Box 96
Mohegan Lake, NY 10547
914-528-5120

Learn more at:
awareusa.org
visionaware.org

Join us on Facebook:
visionaware.org/facebook

Follow us on Twitter:
twitter.com/visionaware

*Don't let vision loss
keep you in the dark.*

Become AWARE!

A downloadable service brought to you by:
VisionAWARE, a Program of AWARE, with funding provided by the
National Eye Institute, National Institutes of Health.



Copyright 2009 AWARE

SAFE INDOOR TRAVEL: PROTECT YOUR UPPER BODY (*cont.*)

- It is important to maintain your hand and arm in this position, so that your upper body is partially protected.
- Initially, you may be able to hold this position for only a minute or two, but with repeated practice you will be able to maintain this position for longer periods of time.
- If your arm becomes tired, you can switch and use your other arm, repeating the previous steps to maintain the correct position.

Page 2 of 2

A downloadable service brought to you by:
VisionAWARE, a Program of AWARE, with funding provided by the
National Eye Institute, National Institutes of Health.

Brought to you by:



This publication is a project of Associates for World Action in Rehabilitation & Education (AWARE), a nonprofit organization that provides information and education on vision loss.

This and other vision loss information is also available online at VisionAWARE.org, a "Self-Help for Vision Loss" website. VisionAWARE is a program of AWARE.

AWARE
P.O. Box 96
Mohegan Lake, NY 10547
914-528-5120

Learn more at:
awareusa.org
visionaware.org

Join us on Facebook:
visionaware.org/facebook

Follow us on Twitter:
twitter.com/visionaware

*Don't let vision loss
keep you in the dark.*

Become AWARE!

