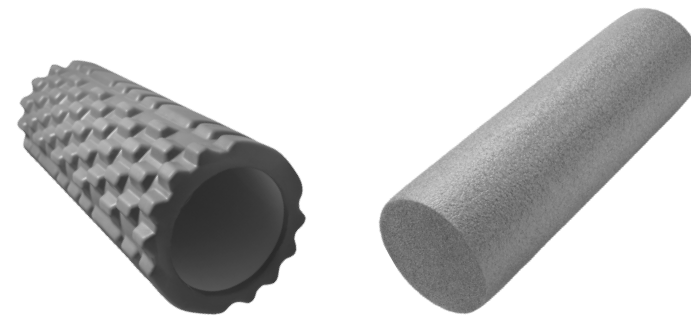


ROLL WITH IT

Uneasy about going to get a massage? Maybe you don't want to spend the money? Or maybe its just plain difficult to get an appointment with COVID precautions!? Whatever your reasons, finding a way to get the benefits of massage without the actual massage part can be done...with a foam roller!

STEP 1: Grab a foam roller-if you prefer softer surfaces, use a less dense foam. If you prefer stiffer, use a higher density foam. Maybe you like ridges and bumps? Go with that! There is no "right" foam roller-just the right one for you.



STEP 2: Start rolling! It's that easy. Just stay away from bony areas. The foam roller should be rolled over muscle tissue, not bones. If you are new to the foam roller, start with something easy like this Neck Stretch-



Neck Stretch:

Lie in a comfortable position on your back. Tuck your chin slightly and turn your head off to one side. Hold briefly, then turn the other direction. Repeat!

Want other ideas?

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WRNW Injury
Prevention
Specialist!*

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time..

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