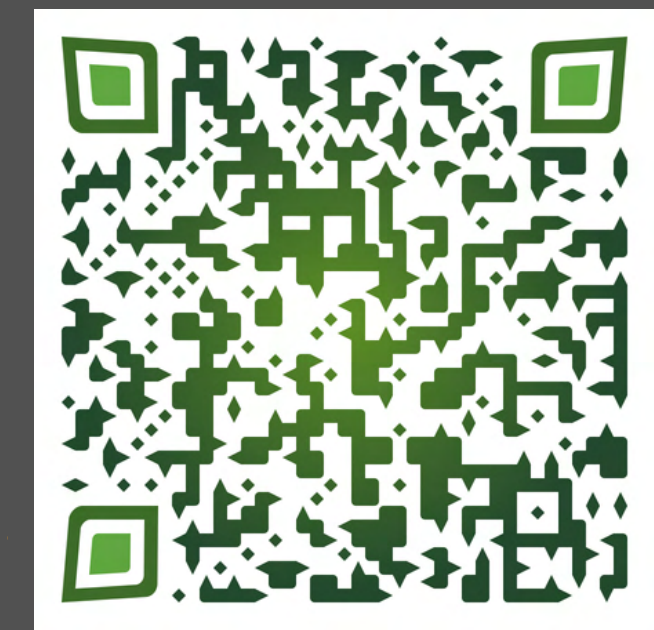


# THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW VOLUME 9 | ISSUE 17



## A LITTLE GREASE FOR THE ELBOWS

BY WRNW

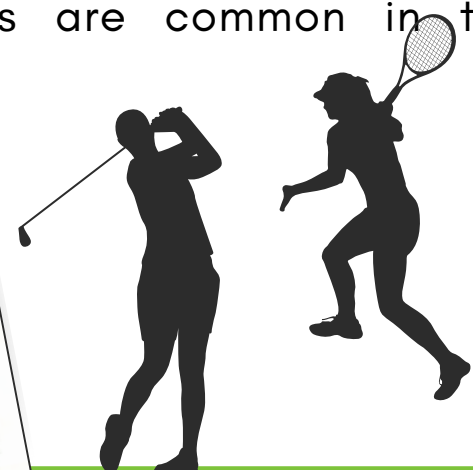
Injuries to your funny bone are no laughing matter, but rest assured you're rubbing elbows with the RIGHT experts with Work Right! We've compiled our top-notch resources specifically for the elbow - turns out we have a whole room dedicated to them - to arm you with the best education in preventing these types of injuries. Elbow in to the conversation and learn a thing or two you can use in your day-to-day activities!



**TO ACCESS THESE RESOURCES, SCAN THE QR!**

### THE SEASON OF THE ELBOW

With the warmer spring weather, it's topical to bring up two elbow injuries associated with sports - golf and tennis! Golfer's and tennis elbow are the theme in this newsletter throwback. Even if you're not an aficionado of one of these activities, the repetitive motions which cause these injuries are common in the workplace.



### ARMED AND READY

If you're aiming to prevent injuries, you have to put in the work! These video resources show what can be done as you feel fatigue and discomfort in your arm. A video on hand and wrist stretches is included because the pain felt here tends to move up and down the arm around the elbow too!



### A JOLT TO YOUR FUNNY BONE

The median, radial, and ulnar nerves control strength and sensation throughout our elbow, wrist, hand, and fingers. Decrease discomfort and injury risk throughout the arm with these simple nerve and tendon glide exercises.



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 Specialists 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.



Ask your onsite clinician if you prefer a print version of these resources. They'll be happy to help!