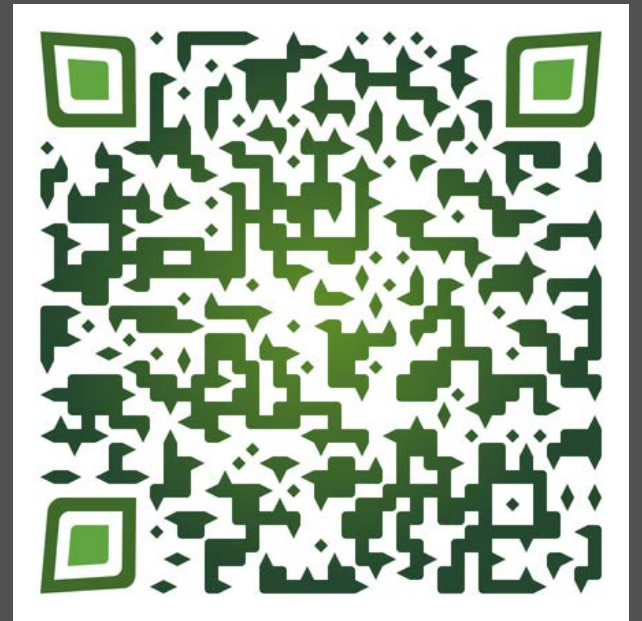


THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW VOLUME 8 | ISSUE 45



FANNY PACKS OVER BAD BACKS

BY SAM GRIMM, ATC

Have you been experiencing unexplained low back discomfort? Many men carry around large wallets in their back pocket, and studies have shown that this can lead to low back and glute discomfort. Sitting on a wallet causes an asymmetrical sitting surface placing more pressure on one glute. This asymmetry can lead to glute discomfort, but also has been shown to cause rotations in the pelvis and lumbar spine that lead to low back pain.



TIPS

Luckily, the fix for this discomfort is an easy one!

- When sitting, take your wallet out of your back pocket.
- Replace your wallet for a phone case that has a built in wallet.
- Fanny packs, backpacks, briefcases, satchels, man-purses or murses are a great way to carry those wallets and reduce your back discomfort.

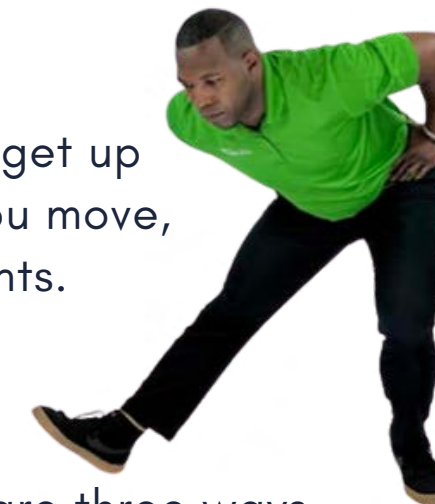


MOTION IS LOTION

If you are experiencing low back discomfort, get up and get moving! Motion is lotion; the more you move, the more blood flows to your muscles and joints.

Exercise programs that include muscular strengthening, flexibility, and cardio are proven ways to reduce low back pain. Here are three ways to break up your day with some movement:

- If you are stuck at a desk working all day, take small breaks every 30 minutes to stand up, go for a small walk or stretch.
- Get your friends and family involved and go for a post-dinner walk.
- On the weekends, don't sit on the couch all-day binge-watching football. Prop up a yoga video on your phone and perform it while you watch tv.



**WANT TO READ MORE?
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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.

