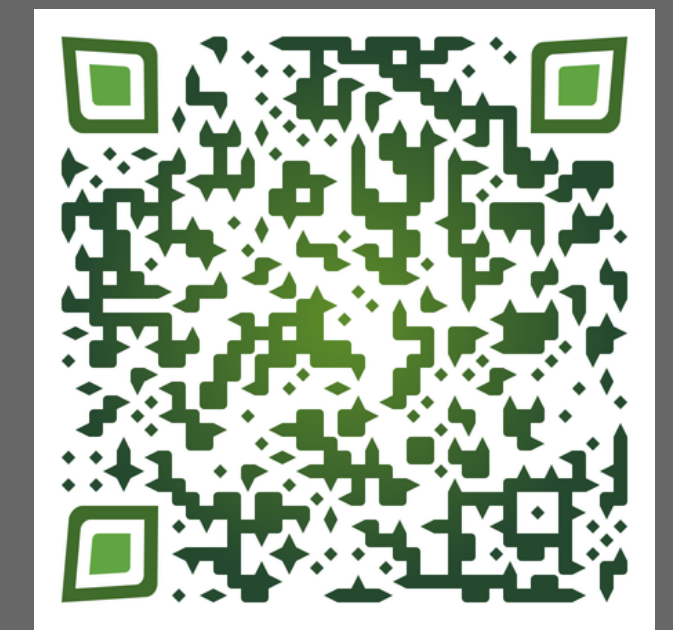


# THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW VOLUME 9 | ISSUE 22



## OH HECK, MY MID-BACK!

BY WRNW

Get ready to groove and protect your mid-back with our latest set of body part resources! We've got the beats, the tips, and the moves to keep your spine in line. Whether you're working, playing, or busting a move on the dance floor, we've got your back – literally! Let's dive into the world of mid-back injury prevention and ensure you're singing, "Oh Heck, My Mid-Back" without any pain.



*Oh heck, my mid-back  
Let's prevent any setback  
Exercise and stay on track  
Protect your spine, no turning back*

### THORACIC FEELING JURASSIC?

Tension through the trapezius muscle can contribute to neck and shoulder pain. It's the support system for these muscles and other body regions that really need mobilization though! The thoracic spine is often spent in a rounded position from looking down and poor posture. Try this exercise to unload that stress!



### TAKE A DEEP BREATH

Diaphragmatic breathing has been linked to decreasing the effect of the cortisol hormone of your body (aka stress) and decreasing tension in the body. Try out these diaphragmatic breathing exercises and Progressive Muscular Relaxation techniques to improve those muscles!



### PAIN, MISDIRECTED

Sometimes pain or discomfort in your back is a sign of a muscle strain. But be aware the discomfort could be a sign of referred pain from an internal organ. For the mid-back these organs may include the lungs, liver, gallbladder, and pancreas. Check out these signs to help determine the difference and consult with your physician for further help.



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

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!