

THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW

WR

OH HECK, MY MID-BACK!

BY WRNW

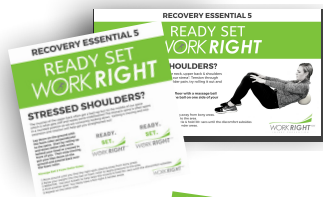
VOLUME 9 | ISSUE 22 | ARCHIVE

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! [Video](#) | [PPT/TV Slide](#)

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!

[Vol 8, Issue 1 - Inhale, Exhale. And Repeat!](#)

[Vol 8, Issue 2 - Relax with Breathing](#)

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.

[Vol 7, Issue 23 - Abdominal Pain or Muscle Strain](#)

'REEL'-IEVE YOUR BACK PAIN

You know we have those videos, too! Check out these visual aides to further the relief of mid-back discomfort. Just because these exercises seem to focus on different body parts, doesn't mean it can't help your back. Remember, it's all connected!



*Stretch it out, move with ease
Strengthen those muscles, won't you please?
With good posture and proper form
You'll keep your mid-back safe and warm*

**PREFER
PRINT?**

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

READ MORE



[Shoulder Rows](#) | [V W Exercise](#) |
[How to Use A Tennis Ball for
Massage](#)

[Fanny Packs Over Bad Backs, Vol 8, Issue 45](#)
[The Cost of Injury: The Back, Vol 8, Issue 23](#)

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.