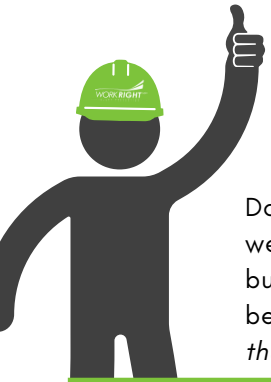


THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW



THUMBS UP FOR SAFETY

BY WRNW

VOLUME 9 | ISSUE 26 | ARCHIVE



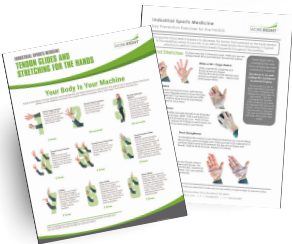
Do you sometimes feel you're *all thumbs*? This might mean you feel clumsy with your work or your hands, but we could think of worse things. Our thumbs do more for us than we give them credit. (Try opening a door or buttoning a button if you need a reminder.) But because of how useful our thumbs are, the more we have to be aware of their possibility for injury. Let's dig into the archive and give you some resources leaving you *thum-believably* strong!

GET A GRIP



Our hands do a great deal of our work. They're involved with so many aspects of our job tasks. Many of those tasks require some kind of grip strength. A strong grip is essential for shoulder strength and power. And what hinges on our grip? Our thumbs! Check with your onsite clinician to measure your own grip strength.

THUMB-THING RISKY



Thumbs are highly prone to overuse issues, and as a result more susceptible to arthritis. Keep those thumbs (and your fingers) nimble and agile with these microstretches and warm-up exercises!

[Stretching for the Hands](#) | [Microstretch Exercises](#)



THUMBING THROUGH THE ARCHIVE



We had to go back a *long* way into the Work Right Content Library, but we know you'll give thumbs of approval for these resources on overuse awareness and the ever-present water cooler conversation topic of *Gamekeeper's Thumb*.

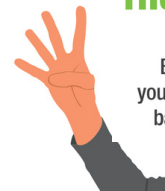
[Vol 2, Issue 34 The Power of the Thumb](#)

[Vol 2, Issue 12 Gamekeeper's Thumb](#)

Try 5 reps while you read!

THUMB FLEXION STRETCH

Bend your thumb across your palm so it touches the base of your small finger.



VIDEO THUMBNAILS

You know we have those video resources too! Reinforcing our common theme through this body part resource series - *it's all connected* - don't forget about these thumb-adjacent videos to keep your thumbs strong and safe from injury.

[Handy Moves for Microstretching](#)

[Hand Cut and Laceration Facts Contributing Factors Video](#)

PREFER PRINT?

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

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.

