

WORK RIGHT^{NW} REVIEW

Work Right NW Newsletter

Volume 5, Issue 19

Can You Build It?

Yes you can! We took a line from Bob Builder to show you that building your foundation also takes the right skills, knowledge, and grit! This newsletter piggy backs last week's education on prevention of low back pain and gives you a few additional exercises to build your foundation! Just like any solid piece of construction, many pieces of our body have to coordinate to build a proper foundation or structure as well. For us, its our hips! Our hips are like the foundation to a building and if they are unstable the structure on top of it (our spine) is compromised.

We know that weakness of the hips, specifically the gluteus medius, contributes to low back pain with tasks that involve standing for long durations of time. If you find yourself standing for long periods of time throughout the day and also have low back pain or soreness, you likely have some weakness in your "foundation".



Resisted Side Kick:

Loop a resistance band around your ankles and sit into a mini squat (to activate the muscles of the legs better). Keep the band taught kick out to the side leading with your heel. Keep on going until you feel a nice strong muscle burn. You will feel this on both your standing hip AND your moving hip. Bonus!!



Bird Dog:

Like a dog pointing toward a bird, you will extend out your opposite arm and leg while keeping your core muscles engaged. Hold for balance, and strength 5-10 seconds. Repeat on the other side. Keep going and challenge yourself to hold longer and longer!



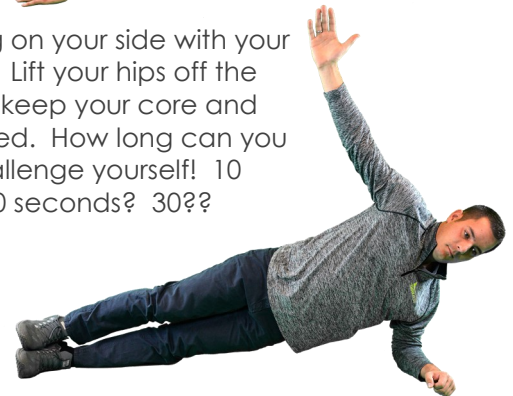
One Leg Bridge:

Start on your back with your knees bent. Left one leg up, then push down on your supported leg through your heel and squeeze your gluts to raise your hips. Hold briefly and return to neutral. Keep going until you feel the burn! Then switch sides.



Side Plank

Start by lying on your side with your elbow bent. Lift your hips off the ground and keep your core and gluts engaged. How long can you hold it? Challenge yourself! 10 seconds? 20 seconds? 30??



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..



1760 Down River Drive Woodland, WA 98674
www.WorkRightnw.com | P • 772.448.SAFE | F • 360.225.4857

