

THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW



WRIST RISK FILLED WITH TERROR

BY WRNW

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Eight tiny bones. That's it. Your wrist joint is connected to the rest of your arm through these bones. No wonder wrist pain and injury is so common in the workplace. Highly repetitive tasks, gripping, and grasping make the wrist highly vulnerable to stress and strain. Why be a wrist taker? Work Right's wreturned with wresources to keep your wrist wready to Work Wright!



ALL IN THE WRIST



With so much stress placed on our wrists, it's important to prioritize microstretch breaks throughout our day. The goal with these breaks is to decrease the tension placed on the body to the repetitive nature of your job. In an effort to keep tension from developing, practice microstretch breaks frequently. Try these for yourself!

[Microstretch Exercises](#) | [Hand and Wrist Warm-Up](#)

WRISTWATCHER



You know we've got that video, too! Looking for a quick and handy resource to get your wrists moving? Try these videos for an overview of much-needed microstretches for the wrist flexibility and range-of-motion. [Workday Basic 5: Hand + Wrist](#) | [2 Way Forearm Stretch Handy Moves for Microstretching](#)

DON'T FORGET ABOUT CTS!

UNNERVING NERVES



The median, radial, and ulnar nerves that pass through our wrists control strength and sensation throughout our elbow, wrist, hand, and fingers. Decrease discomfort and injury risk throughout the arm with these simple nerve and tendon glide exercises.

[Nerve Mobilization Exercises](#)
[Ulnar Nerve](#) | [Radial Nerve](#)
[Median Nerve](#)

[Carpal Tunnel Syndrome](#)
[The Cost of Injury](#)

INDUSTRIAL SPORTS MEDICINE



Don't forget our handy guide to all things *Wrist!* Wrist injuries are not only common to the industrial space, but also in occupational and traditional office settings, as well. Ask your onsite Injury Prevention Specialist for a copy of these references for stretches and exercises on helping with wrist issues.

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.

