

THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW VOLUME 9 | ISSUE 46



COOL MOVES

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Work Right utilizes one of the most common and basic techniques for injury prevention among active individuals - whether it's participating in sports, getting ready for the work day, tackling at home projects, or just getting out of bed - stretching! Performing various stretches is a great way to help prepare the muscles and joints to function at their highest level while also preventing potential injuries. What happens when we experience a different kind of achy stiffness before we begin our daily activity? The kind of stiffness that seeps into our bones this time of year - the cold!

KEEP PUMPING

In some regions, people encounter challenges preparing for daily activities due to dropping temperatures. Cold weather constricts blood vessels, reducing muscle blood flow, leading to decreased flexibility and increased injury risk. A go-to during this weather is increased intake of coffee and tea. Though increased caffeine levels can also constrict our blood vessels resulting in decreased blood flow to various muscle groups.



GETTING WARMER

When temperatures begin to drop, Work Right encourages you to either spend a longer duration of time performing pre-activity stretches and exercises, or to perform multiple pre-activity stretches and exercises if the desired task will last a long period of time. As mentioned previously, the benefits of performing stretches helps prevent decreased blood flow to muscle groups because of dropping temperatures or increased caffeine levels.

BREAK THE ICE

Don't get left out in the cold when warming up for work. Here are some of our favorite cold weather stretches for you to try! Looking for more? Look no further than your onsite Injury Prevention Specialist for more suggestions.

SHOULDER ROLL

Roll UP and BACK.



5
Reps

ARM CIRCLES

Start with arms out at sides, rotating in a circle, progressively making circles bigger. Forward, then backward.



10
Reps

SQUATS

Hips BACK, chest UP. Let's see how you SQUAT RIGHT.



5
Reps

STRETCHING BENEFITS



Stretching increases blood flow to various muscle groups, increases elasticity of the muscle fibers, and improves postural awareness.

READ AHEAD TO SEE MORE STRETCHES TO TRY IN THE COLD WEATHER BY SCANNING 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.

