

THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW VOLUME 9 | ISSUE 43



TO ACCESS THESE RESOURCES, SCAN 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.



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

HELLO. IS IT KNEE YOU'RE LOOKING FOR?

BY WRNW

It is? You've come to the right place, then. This kneed-to-know information is for anyone looking to avoid knee injuries or those knee-deep in pain and discomfort. Knead-less to say, we have those sports medicine resources best suited to keeping injuries at bay. Let's not keep you on pins and needles, and dive right into the information you kneed to keep you injury-free!



KNEED TO KNOW

Our knees are pivotal for overall movement and function. They are essential for mobility, stability, and support. Check out this squat workshop first as a go-to for proper motion and flexibility needed in your knees (along with your hips and ankles) to improve overall function and performance and to prevent injuries.



WEAK AT THE KNEES

Experiencing knee discomfort or pain? Or, are you looking to prevent knee injuries outright? We can give you reason to do so with these resources on what knee discomfort can do to your overall health and how it can impact your pocketbook. It's enough to make you weak at the knees and want to practice prevention!



NICE & KNEE-SY

Strengthening your knees doesn't have to be hard. Sometimes it starts with something as easy as a daily walk. These dips into the Digest Archive showcase straightforward steps for knee-ded success! If you're interested in simple exercises, we have you covered there too!

