

# THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW



## WELCOME TO THE ARM FARM

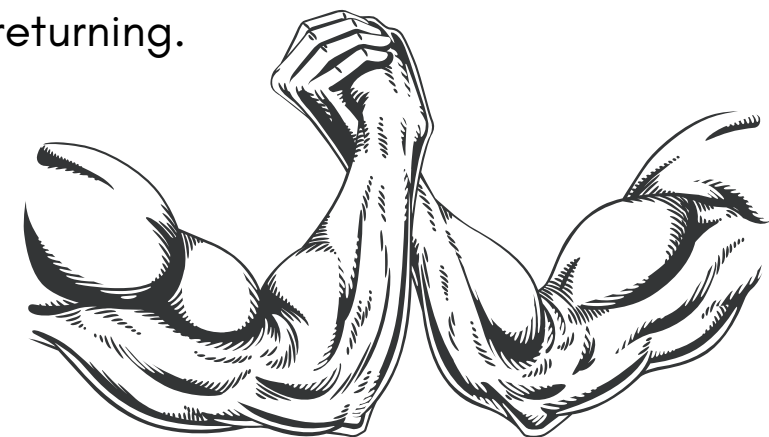
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BY SAM GRIMM, MAT, ATC, LAT

Do you ever have pain, soreness, or fatigue in your shoulder, elbow, or wrist after a long day at work? If so, it's time to take action. Don't wait until the pain sets in to start strengthening! Strengthening your body helps prepare you for your job and allows you to work faster and longer with reduced risk of injury. The muscles around your arms are a great place to start!

### STRONG IS NEVER WRONG

Even with good ergo practices in place, an industrial athlete often still has to work in awkward positions or manipulate a load. These situations place altered forces on the muscles, increases level of fatigability in the muscles, and ultimately leads to the "aches and pains" we feel. We typically tend to stretch out those "aches and pains," but studies have shown that strengthening is a better way to reduce discomfort AND prevent it from returning.



### SHOULDER THE BURDEN

When working with heavy objects or in awkward positions, our shoulders take on a majority of the stress. Although there are things you can do, sometimes it's not feasible and our shoulders are forced to take the brunt of the load.

Strengthening the muscles around the shoulder not only provides stability but increases neuromuscular control. Combining stability and mobility into your preventative care can significantly reduce your risk of sustaining sprains and strain injuries both on and off the job.



### GETTING A GOOD GRIP

When we're at work, we spend a lot of time gripping using the flexor muscles of our hands and forearms. We grip tools and equipment. We use them to maintain control of power tools. We pull, push, or lift equipment or products. This repetitiveness of tasks and motion can lead to an over activation and overdevelopment of the flexor muscles and a stretching or underdevelopment of our extensor muscles. This can lead to pain and soreness in the hands and forearm. It can also lead to chronic issues like tennis and golfer's elbow.

Implement eccentric and isometric exercises into your daily routine to help counteract the stress we place on our hands, wrists, and forearms while working and prevent an injury.

## READ MORE BY SCANNING THE QR CODE!

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.

