

PREPARED

Body Area Prevention Tips



Aches or Pains? Check out the resources below!
Scan the QR code for more information:

NECK PAIN



Pain in the neck?
What isn't?!
Posture is a practice
and worth your
time-your neck will
thank you!

SHOULDER PAIN



Put your stress
elsewhere, don't let your
shoulders carry it all!
Staying strong and
knowing your limits will
keep you clear of injury.

LOW BACK PAIN



Welcome to the club
But fear not because
we've got you covered.
We will teach you how
to take care of your
back and stay strong!

ELBOW PAIN



Is no joke...the "funny"
bone is not so funny!
The unpleasant symptoms
of "tennis elbow" won't fool
anyone into thinking elbow
pain is anything worth
laughing about!

HIP PAIN



Can be a real pain in the
butt-pun intended!
Don't worry-we have lots
of great tips to share. You
can save your pains in the
butt for other life matters.

WRIST PAIN



And dare we say it...carpal
tunnel?
Luckily there are many
conservative ways to manage
and prevent both wrist pain
and carpal tunnel syndrome!

KNEE PAIN



Young or old, knee pain
has a way of coming after
all of us!
BUT you can almost
always kiss it goodbye
with the right strength
and stability exercises.

FOOT PAIN



Is the worst!
When we stand all day,
foot pain can be more
irritating than just about
anything else.

