

Body Part Resources

PAIN IN YOUR NECK

What isn't, right?!

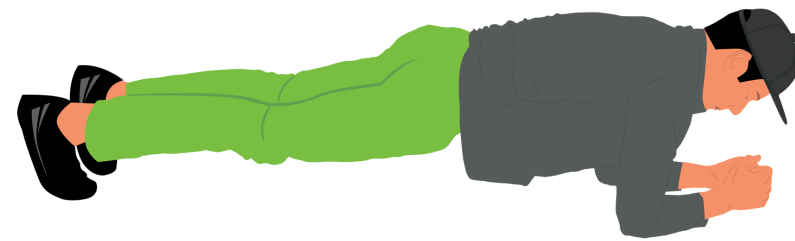
This is likely especially true if you spend ample amounts of time at the computer. Posture is a practice and worth your time-your neck will thank you!



PAIN IN YOUR BACK

Welcome to the club

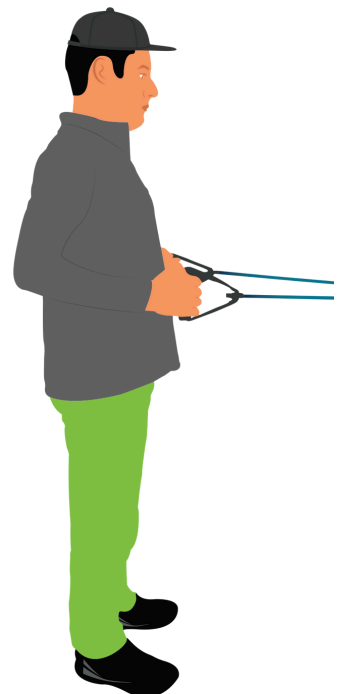
Not many of us get out of this life without a back aches and pains-we were just not made to do what most of us do. But fear not because we've got you covered. We will teach you how to take care of your back and stay strong!



PAIN IN YOUR SHOULDER

Put your stress elsewhere! Your shoulders don't need to carry it all.

Our shoulders are not designed to carry heavy loads far away from the body or spend sustained time in overhead positions. But staying strong and knowing your limits will keep you clear of injury.



PAIN IN YOUR HIP

Can be a real pain in the butt-pun intended!

We know how irritating hip pain can be and certainly don't want you to carry on thinking that there is no other way! Don't worry-we have lots of great tips to share. You can save your pains in the butt for other life matters.



PAIN IN YOUR ELBOW

Funny bone not so funny?

We are pretty sure that you would take a smack across the "funny bone" to the unpleasant symptoms of "tennis elbow" any day, but either way nobody thinks elbow pain is anything worth laughing about!



PAIN IN YOUR WRIST

And dare we say it...carpal tunnel syndrome!

Luckily there are many conservative ways to manage and prevent both wrist pain and carpal tunnel syndrome! Let us tell you all our tricks and exercise secrets for the wrist!



PAIN IN YOUR KNEE

It doesn't discriminate across the ages!

Whether you are young or old, knee pain has a way of coming after all of us! But we have great news-you can almost always kiss it goodbye with the right strength and stability exercises.



PAIN IN YOUR FOOT

Is the worst!

When we stand all day, foot pain can be more irritating than just about anything else. It's always surprising how much we take comfort in our feet for granted! Do not despair, we have some great tips for you!



Prevention Tips

PERFECT YOUR SQUAT

And Protect Your Back!

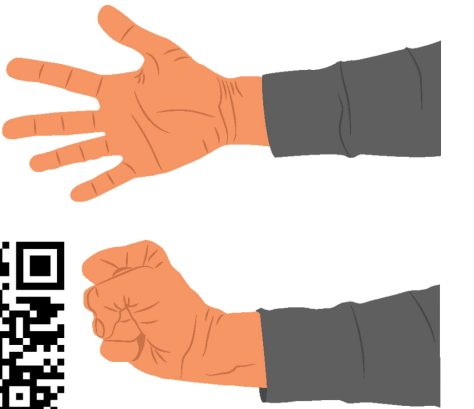
It's a 2-for-1 deal when you learn how to drop into the perfect squat! Improper lifting posture is one of the 3 primary risk factors for a low back injury. So what is the best way to a better lifting posture? A killer squat technique! Make sure to keep your chest UP and hips BACK.



STRENGTHEN YOUR HANDS

Pay attention to your hands-they are MORE important than you think!

A strong grip strength means a strong, powerful, and stable shoulder. It is also a marker of living longer! If you think your hands are getting weaker, you are likely putting your shoulder at risk too! Here are some tips to keep your hands and thumbs moving RIGHT.



DIY MASSAGE

You don't need a massage therapist.

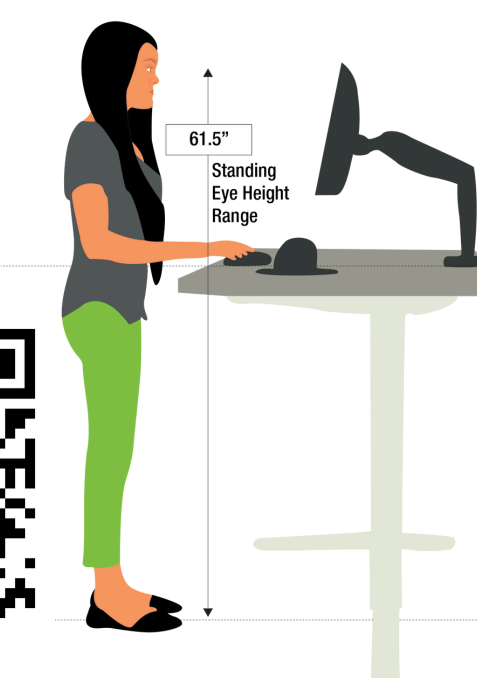
DIY is all the rage, so get on the bandwagon and join in for a "how to" lesson on self massage. Grab a tennis ball or lacrosse ball and follow along with our recommendations for self massage techniques. Massage is a great way to relieve tension or pain temporarily, so what are you waiting for?!



DESK ERGO

Is there a RIGHT way to set up your workspace?

The debate is still out, but we feel there are at least better ways to organize and align your workspace whether you are sitting or standing. We also threw in a couple of handy workday stretches to get things moving again.

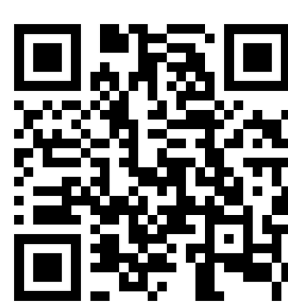


Take care of your emotional, physical, and mental well-being too!

YOGA PREP

Flow through your Pre Shift Prep!

A pre-shift prep routine should be dynamic and include strength, balance, and flexibility based exercises. What better way to warm up than with a yoga flow FOR the industrial athlete! Our yoga expert leads you through a routine sure to get you ready for your day.



YOGA DEBRIEF

Use yoga to wind down at the end of your day

A quality debrief and recuperation is essential for any athlete. A yoga routine that incorporates gentle movement, breathing, and stretching may be exactly what your body needs at the end of the day!



30 DAY RESET

A conditioning program for the industrial athlete!

Don't let your work muscles go to waste! Whether you are taking a break from work, have been away from your normal work duties, OR just need a simple program to get you moving in the right direction, we have you covered. 15 min programs. 30 days in length. Progression throughout. Couldn't be easier. Grab a resistance band and get started!



Before beginning any exercise program, please consult your healthcare provider to ensure that you are in good health and that these exercises are suitable for your current fitness level. The information provided in this exercise routine is for educational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment.