



# The Duffy-Rath System<sup>®</sup>

A blueprint to prevent musculoskeletal disorders and preserve physical ability through your working years and beyond

Follow the 5 core principles to keep your musculoskeletal system healthy:

**1. Practice Good Posture & Body Mechanics:** use your spine, arms and legs in midrange, good alignment; have a good base of support (feet placement), use your legs for power, and keep your work close. These things are collectively called 'Protective Work and Home Habits' and result in less stress on your joints, muscles, tendons, ligaments and discs.

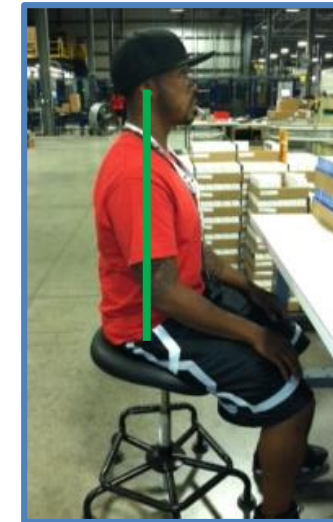
**2. Manage Fatigue & Physical Demands:** interrupt repetitive or sustained tasks with micro-pauses, opposite movements, and other Tools To Fight Back<sup>®</sup>, react quickly to warning signals, and adjust appropriately to the intensity of your work and home activities. These things will help you prevent the accumulation of stress.

**3. Maintain Good Range of Motion:** stretch daily to maintain full joint movement and good soft tissue elasticity. You need at least enough range of motion to meet the physical demands of your work and home activities with a margin for safety. This protects your joints, muscles, tendons, ligaments and discs from injury.

**4. Maintain Strength & Fitness:** start a program to maintain the strength, endurance and balance needed to meet your physical demands at work and home; especially important if your physical demands stay the same as you age. This protects your joints, muscles, tendons, ligaments and discs from injury and helps improve your overall health and fitness.

**5. Maintain a Positive Attitude:** having confidence and the determination to commit to routine exercise and good musculoskeletal habits is critical to remaining active and healthy and to preventing disability and impairment as we grow older.

Posture



Body Mechanics



Interrupt Tasks



Opposite Movement Rule



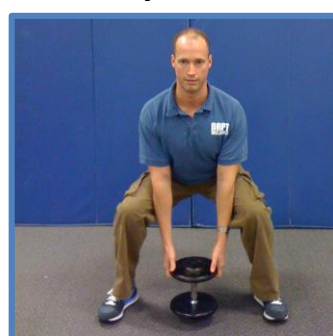
Manage Movement



Maintain Movement



Ability > Demand



Many Benefits of Exercise



Exercise As You Age To Prevent Decline



Contact your Duffy-Rath System<sup>®</sup> Prevention Specialist for individualized advice and training.