

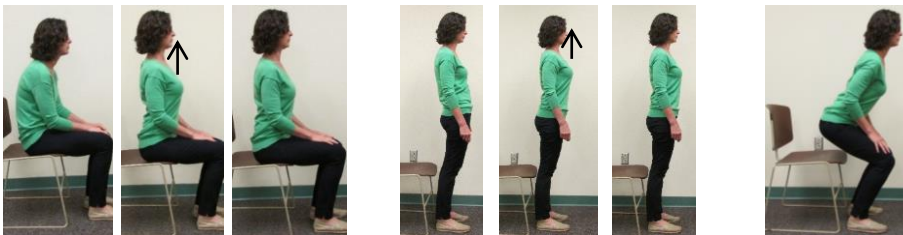
Tools To Fight Back® against Musculoskeletal Stress

Core Posture, Body Mechanic and Opposite Movements

These postures and movements are the foundation for musculoskeletal wellness. Once you are good at these others may be added. Start each with a small range of motion and go a little further as comfortable for 3-10 repetitions. Do at least twice daily and use to interrupt repetitive tasks or sustained positions. There should be no pain so stop and talk to your DRS Prevention Specialist if there is. If you have a current condition, please discuss with your doctor first. These movements are only Tools To Fight Back® if they help you prevent fatigue, discomfort, stiffness and other warning signals - so reach out for other advice if they don't!

Posture and Body Mechanic Training

Lift your chest, increase your low back hollow & pull stomach in, relax back down. Repeat a few times until at your maximal lift, then back off 10-15% and practice holding the good posture for a few minutes (work up to 30-60 minutes). Practice it sitting, standing, and try to maintain it while getting up and down (feet shoulder width apart, knees behind toes, heels down). This helps build memory and endurance for good posture and body mechanics.



Shoulder Blade/Neck Retraction

Stand or sit tall, lift your chest, pull your shoulders back and down, then squeeze shoulder blades together. Next pull head back without tilting up or down. Do these to offset reaching, rounded shoulders and forward head positions, and to increase space in the shoulder impingement zone.



Back and Neck Backbends

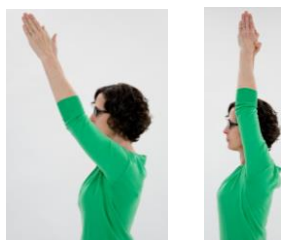
Stand tall, stomach in, feet shoulder width apart, hands in small of back - now lift chest and bend backward, up and over your hands. Then stand tall again, lift your chest and chin to bend your head and neck backward. Use to interrupt bending, lifting and sitting.



* Lift chest before bending your back or neck backwards! Use your hands to support your neck if more comfortable.

Overhead Arm Raise

Lift chest and raise arms. Don't lean back or poke head forward. Use to align your spine & to interrupt lifting, round shoulders or elbow up, & to increase space in impingement zone.



General Opposite Arm Movement

Lift chest, raise arms about half way to shoulder height, fingers straight; now move your arm behind you. Use to interrupt arm & hand use and to maintain flexibility in nerve tunnels.



Forearm/Wrist/Hand: Spread fingers open a few times. Then with elbow bent and palm up, bend wrist down. If comfortable repeat with elbow straight and then with overpressure. Repeat with palm down. Use to interrupt gripping and grasping.

