

BE YOUR BEST SELF!



TIPS FROM WORKCARE'S INDUSTRIAL INJURY PREVENTION SPECIALISTS

BE KIND TO YOUR KNEES



Stacy



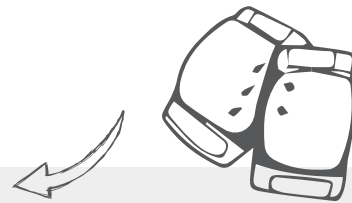
Common causes of knee problems are related to aging, injury or repeated stress on the knee. Protect your knees by avoiding overstretching of ligaments and preventing overuse that leads to muscle/tendon discomfort.



Stacy Kamimura, BS, PTA, CEAS
Industrial Injury Prevention Specialist

1

USE KNEE PADS TO CUSHION CONTACT WITH HARD, UNEVEN SURFACES



2

AVOID HYPEREXTENSION AND LOCKING OUT KNEES WHEN STANDING



3

STRETCH HAMSTRINGS, QUADRICEPS AND CALF MUSCLES

4

STRENGTHEN GLUTEAL MUSCLES TO SUPPORT JOINT HEALTH



Our Specialists

WorkCare's Industrial Injury Prevention Specialists have training in sports medicine, ergonomics, musculoskeletal assessment, workplace safety and wellness programs. They work onsite and provide virtual consultations in all types of settings to help protect and promote employee health.

Prevention Saves

Employers using WorkCare's Industrial Athlete Program experience 4-to-1 average cost savings with high employee satisfaction ratings and favorable fitness-for-work results.

WorkCare, Inc., is a U.S.-based, physician-directed occupational health company. *Be Your Best Self!* is our periodic wellness, injury prevention and management tip sheet. To learn more: 800.455.6155 • info@workcare.com • www.workcare.com