

BE YOUR BEST SELF!



TIPS FROM WORKCARE'S INDUSTRIAL INJURY PREVENTION SPECIALISTS

EASY WAYS TO RELIEVE ACHES AND PAINS



Lindsay



For a mild muscle strain or sprain, there are easy ways to relieve discomfort and expedite recovery. Being mindful about routine movements and positions helps support your body's natural healing response.



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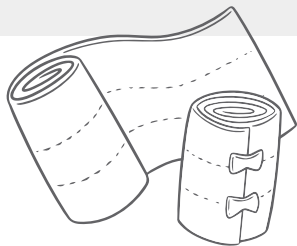


1

PROTECT THE AREA. USE YOUR UNINJURED HAND OR LEG, KNEEL ON ONE KNEE WHEN LIFTING AND ADJUST HOW YOU SLEEP.

2

GENTLY MASSAGE AROUND SENSITIVE AREAS TO STIMULATE SPECIFIC NERVES AND HELP RELIEVE DISCOMFORT.



3

USE NON-RIGID SUPPORT WHILE HEALING. AN ACE BANDAGE OR LACE-UP BRACE PROVIDES EXTRA REINFORCEMENT TO HELP MANAGE SWELLING AND IMPROVE STABILITY.



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 occupational health, wellness and absence management company. Be Your Best Self! is our periodic injury prevention tip sheet. To learn more: 800.455.6155 • info@workcare.com • www.workcare.com