



PREVENTION IS BETTER THAN CURE!

Try these exercises several times during your day (or before a task such as manual handling) to minimise the risk of suffering from MSD.

PREVENTION EXERCISES FOR PHYSICALLY ACTIVE WORKERS

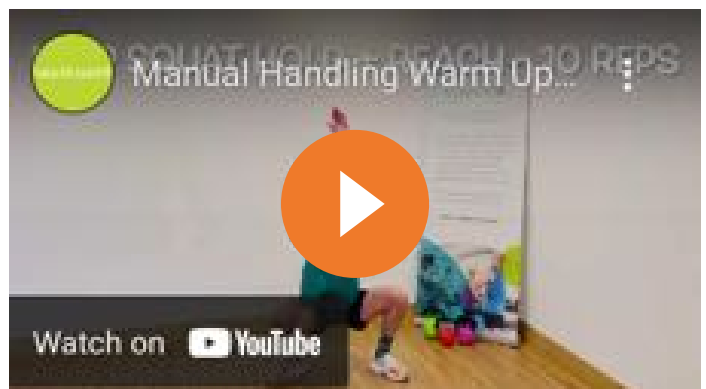
Common manual handling MSDs are sprains, strains, back pain, carpal tunnel syndrome and hernias.

High risk tasks related to MSDs include bending, crouching, stooping, lifting heavy or bulky loads, stretching, twisting, and reaching, repetitive work and working with power tools for sustained time.

In these instances, manual handling tasks should be treated as a gym workout that requires a warm-up to prepare your body for the task.

Lower back and hamstring injuries are among the most common manual handling injuries. Warming up before manual handling can be one of the many steps you can take to reduce your chances of injury.

Try these quick and easy exercises before the next time you participate in a manual handling task.





PREVENTION EXERCISES FOR DESK WORKERS

Working for a prolonged period (especially if seated) with display screen equipment such as computers can come with risks. Poor posture is the main risk factor and can lead to development of upper cross and lower cross syndrome - muscular imbalances that, if left to deteriorate, can become a MSD.



UPPER CROSS SYNDROME

Upper cross syndrome (forward head syndrome) is caused by tightness in the chest, upper scapula and trapezius muscles and weakness in the neck flexor and lower scapula muscles and this moves the head forward and out of alignment with the spine. This can result in headaches, neck pain and upper back pain.



LOWER CROSS SYNDROME

Lower cross syndrome is caused by tightness in the lower back and hip flexor muscles and weakness in the gluteal and abdominal muscles leading to an anterior pelvic tilt. If you have an anterior pelvic tilt you may suffer from poor mobility, poor flexibility, and lower back pain.

Upper and lower cross syndrome can be prevented or corrected through maintaining good posture, introducing standing intervals (if possible) when working at your desk, and by regularly carrying out the exercises in the video.

As you will see some of the exercises are carried out with a resistance band, if you do not have a band, doing the movements without can still be beneficial.

UPPER AND LOWER CROSS SYNDROME EXERCISES

