

## Providing Physical Activity Programs that Work

---

### The United States at Work

- Just under 140 million people are employed in the U.S.
- 1.8 million have injuries from overuse or repetitive motion
- Work related musculoskeletal injuries account for 1/3 of worker's compensation costs
- Average age of worker is increasing...
  - 15% of workers will be over age 55 in 2005
  - Median days lost from injury is twice that of those under 55

### Stress at Work

- 40 % report their jobs are stressful
- Work hours have increased from 40.0 hours in 1973 to 48.8 hours and rising

### Pre-Work Warm-Up

- A system of stretches and activities designed to increase the strength and flexibility, reducing risk of injury
- Must be appropriate to the worksite-properly warm up the muscles that will be used for the job
- Regular intervals
  - At least once per day, more is better
- Keep it positive!
- Provide complete information
  - How-to sheet—See reverse
- Keep it short
  - No more than 10 minutes
- Case studies
  - Decrease in Carpal Tunnel Syndrome cases from 11 in a nine-month period to 1 in two years
  - Decrease in total injuries ranging from 56% to 91%
  - Decrease in medical department visits by 62% for musculoskeletal injuries/disorders

### Benefits

- Increased strength to do daily tasks
- Increased positive mental outlook
- Decreased susceptibility to disease
- Decreased Stress
- Positive “peer-pressure”



### Chest Press

- With or without resistance band, place hands shoulder width against wall
- Lower your body toward the wall and then push back to a starting position



### Draw back

- Squeeze your shoulder blades together and pull your elbows behind you. For more of a workout, use a resistance band.
- Or, arch your back, squeezing your shoulder blades together while seated.

### Chair Squat

- Place chair in corner
- Sit on the edge of the chair, feet shoulder-width apart
- Stand up, keeping the knees over the ankles
- Return to the start, but don't sit down!



### Forearm Stretch

- Hold one arm out straight in front of you, palm extended
- Grasp the extended hand with your other hand
- Pull slightly toward you
- Reverse so the palm is toward you

### Seated Crunch

- Sit on the edge of the chair, roll up a jacket and place under your back
- Crunch forward, not sitting up, but rolling toward the knees

