



## WELLPATH'S HEALTHY BACK PROGRAM



### LUNCH & LEARN SERIES:

THE HEALTHY BACK CHALLENGE (HBC) OFFERS WEEKLY EDUCATION ABOUT TOPICS RELATED TO BACK HEALTH. THE EDUCATIONAL SESSIONS ARE OPTIONAL TO PARTICIPANTS OF THE HBC AND OPEN TO ANYONE WHO WOULD LIKE TO ATTEND. ALL THE SESSIONS ARE AVAILABLE ONLINE AND IN-PERSON. EACH SESSION IS ENDORSED FOR 15 WELLPATH POINTS.

#### WEEK ONE:

#### **INTRODUCTION, ASSESSMENT & PLAN FOR THE HBC.**

##### **ONLINE (CLICK TO REGISTER):**

[MONDAY, AUGUST 13<sup>TH</sup> AT 11AM](#)

[MONDAY, AUGUST 13<sup>TH</sup> AT 12PM](#)

[THURSDAY, AUGUST 16<sup>TH</sup> AT 11AM](#)

##### **IN-PERSON:**

[THURSDAY, AUGUST 16<sup>TH</sup> AT 11 AM IN TWO WATERS A109.](#)

**THIS LUNCH AND LEARN WILL EXPLAIN THE HBC IN DETAIL, ANSWER ALL YOUR QUESTIONS. ALL THE ASSESSMENTS AVAILABLE DURING THE HBC WILL BE REVIEWED AND RESOURCES FOR BACK HEALTH WILL BE SHARED.**

#### WEEK TWO:

#### **JOINTSTRONG™: PREVENTION VS. TREATMENT WITH IMC**

THURSDAY, AUGUST 23<sup>RD</sup> AT 11 AM

[CLICK HERE](#) TO REGISTER TO ATTEND ONLINE

[CLICK HERE](#) TO ATTEND IN TO ATTEND IN TWO WATERS A109

IMC is a physical therapy group who has contracted with SRP-MIC to help treat joint pain.

**Join Integrated Musculoskeletal Care for a discussion about the use of their JointStrong™ mobile App to assess your back health and determine if you should practice prevention or you need treatment for back pain.**

## WEEK THREE:

### **LIFTING, PULLING & LEVERS**

THURSDAY, AUGUST 30, 2018 @ 10:30AM

[CLICK HERE](#) TO REGISTER TO ATTEND ONLINE

[CLICK HERE](#) TO ATTEND IN-PERSON IN TWO WATERS B106

(LINK WILL OPEN E-MAIL TO WELLNESS @SRPMIC-NSN.GOV)

**YOUR BACK IS AT HIGHER RISK FOR INJURY WHEN YOUR SPINE IS MOVING WHILE CARRYING A LOAD. OFTEN LIFTING OR MOVING OBJECTS CAN PLACE OUR BODY IN INEFFICIENT POSTURES. OUR POSTURE AND LIFTING TECHNIQUE CAN PROTECT OUR BACK OR PUT IT AN INCREASED RISK. FOR EXAMPLE, VARYING THE LIFTING TECHNIQUE OF A 20 LB. BOX CAN CHANGE THE COMPRESSIVE FORCE ON OUR LOWER SPINE BY MORE THAN 200%.**

## WEEK FOUR:

### **POSTURE, THE HIP FLEXION WORLD AND PELVIC TILT**

THURSDAY, SEPTEMBER 6, 2018 @ 10:30AM

[CLICK HERE](#) TO REGISTER TO ATTEND ONLINE

[CLICK HERE](#) TO ATTEND IN-PERSON IN TWO WATERS A109

**OBVIOUSLY POSTURE IS IMPORTANT, BUT OUR POSTURE WHILE STANDING, SITTING, AND EVEN LYING DOWN CAN IMPACT THE HEALTH OF OUR BACK. CONVERSELY THE HEALTH OF OUR BACK AND SUPPORTIVE MUSCLES CAN NEGATIVELY INFLUENCE OUR POSTURE CREATING PAIN AND WORSENING BACK ISSUES. WE SPEND MOST OF OUR DAY BENDING FORWARD (FLEXION) AND LESS OF OUR DAY EXTENDING BACKWARDS. THIS CAN CAUSE A PHENOMENA CALLED "PELVIC TILT" WHICH PLACES INCREASED PRESSURE ON OUR LOWER BACKS.**

## WEEK FIVE:

### **ERGONOMICS AND ERGO ASSESSMENTS**

WEDNESDAY, SEPTEMBER 12<sup>TH</sup>, 2018 @ 11AM

[CLICK HERE](#) FOR ONLINE REGISTRATION

[CLICK HERE](#) TO ATTEND IN-PERSON IN TWO WATERS A109

**ERGONOMICS IS THE SCIENCE OF DESIGNING AND ARRANGING THINGS PEOPLE USE SO THAT THE PEOPLE AND THE THINGS INTERACT MOST EFFICIENTLY AND SAFELY. OUR WORK CHAIRS, OUR CARS, ETC. CAN BE AMAZINGLY COMPLEX SO THAT WE CAN ADJUST THEM TO FIT US PERSONALLY AND MAKE US MORE COMFORTABLE, SAFE AND EFFICIENT. THE SMALLEST FORCES SUCH AS TYPING OR REPETITIVE SIMPLE TASKS CAN ACCUMULATE STRESS THAT CAN CAUSE PAIN AND INJURY. LEARN ABOUT THE HBC ERGONOMIC SELF-ASSESSMENTS FOR YOUR COMPUTER DESK SPACE AND CAR.**

WEEK SIX:

### **HAVING A HEALTHY BACK IS JUST ONE OF YOUR BENEFITS**

TUESDAY, SEPTEMBER 18, 2018 @ 11:00AM

[CLICK HERE](#) TO REGISTER TO ATTEND ONLINE

[CLICK HERE](#) TO ATTEND IN-PERSON IN TWO WATERS B106

**THE HEALTH OF OUR BACKS IS SO IMPORTANT. IF YOU HAVE EVER HAD A BACK INJURY YOU KNOW THE DEGREE WHICH IT CAN DISRUPT YOUR LIFE. IT CAN MAKE IT DIFFICULT TO SIT, STAND, CARRY, WORK, MOVING IS HARD BUT SO CAN BE STAYING IN ONE POSITION FOR ANY LENGTH OF TIME. BECAUSE BACK HEALTH IS SO IMPORTANT AND, POOR BACK HEALTH IS SO COMMON, THERE IS A PLETHORA OF RESOURCES AND INFORMATION AVAILABLE TO KEEP OUR BACKS HEALTHY. MANY OF YOUR SRP-MIC SPONSORED BENEFITS CAN BE USED TO KEEP YOUR BACK HEALTHY AND TO GET YOU "BACK" ON TRACK IF YOU ARE HAVING BACK PAIN.**

WEEK SEVEN:

### **THE STRAW THAT BROKE THE CAMEL'S BACK**

WEDNESDAY, SEPTEMBER 26, 2018 @ 12:30PM

[CLICK HERE](#) TO REGISTER TO ATTEND ONLINE

[CLICK HERE](#) TO ATTEND IN-PERSON IN TWO WATERS B106

**OUR BODY COMPOSITION AND THE AREA WHICH WE CARRY BODY'S WEIGHT CAN PLACE STRESS ON OUR BACK, CHANGE OUR POSTURE AND MAKE CERTAIN MOVEMENTS MORE DIFFICULT AND DANGEROUS. THERE ARE SEVERAL METHODS AVAILABLE TO ASSESS OUR BODY COMPOSITION AND TO DETERMINE IF OUR BODY COMPOSITION IS PUTTING OUR HEALTH AT RISK.**

WEEK EIGHT:

### **YOUR HEALTHY BACK PLAN**

WEDNESDAY, OCTOBER 3, 2018 @ 12:00PM

[CLICK HERE](#) TO REGISTER TO ATTEND ONLINE

[CLICK HERE](#) TO ATTEND IN-PERSON IN TWO WATERS B106

**THE HBC IS COMING TO AN END AND YOU HAVE LEARNED A LOT, ASSESSED YOUR HEALTH AND RISK FOR BACK INJURIES, GATHERED A LOT OF RESOURCES AND DEVELOPED AN INDIVIDUALIZED EXERCISE PROGRAM TO KEEP YOUR BACK HEALTHY. NOW IT'S TIME TO MAKE A FORMAL PLAN BECAUSE PEOPLE WHO PLAN, AND SET GOALS, ACHIEVE MORE THAN THOSE PEOPLE WHO DO NOT. "A PLAN WITHOUT ACTION IS ONLY A DREAM. ACTION WITHOUT A PLAN IS A NIGHTMARE."**