



WELLPATH'S HEALTHY BACK CHALLENGE

WELCOME TO WEEK 3 OF THE HEALTHY BACK CHALLENGE. THIS WEEK IS **LIFTING TECHNIQUES**. PART OF ANY GOOD SELF-MANAGEMENT BACK CARE PROGRAM IS IDENTIFYING AND LIMITING MOVEMENTS OR TASKS YOU DO REGULARLY THAT CAUSE BACK PAIN. LIFTING AND BENDING, ESPECIALLY WITH ROTATION OF YOUR TRUNK IS A VERY COMMON CULPRIT IN BACK INJURY, OR IN CAUSING BACK PAIN. **DID YOU KNOW THAT LIFTING THE SAME 20LB BOX CAN CHANGE THE PRESSURE ON YOUR LOWER BACK BY OVER 200% DEPENDING ON THE TECHNIQUE YOU USE TO LIFT AND CARRY IT?** THIS WEEK YOU WILL HAVE THE OPPORTUNITY TO LEARN ABOUT LEVERS, LIFTING AND YOUR BACK AND TO RECEIVE FEEDBACK ABOUT YOUR LIFTING TECHNIQUE (OPTIONAL ACTIVITY).

THERE ARE SEVERAL RESOURCES ON THE HBC PAGE RELATED TO THIS WEEK'S TOPIC:

CHECK OUT THE [HEAVY LIFTING](#) PAGE FROM THE US D.O.L. AND OSHA. THE PAGE HAS INFORMATION ABOUT LIFTING PRACTICES AND THE "POWER ZONE." PUSHING, PULLING AND CARRYING, AS WELL AS HOW TO HANDLE LONG-DURATION OR HIGH-FREQUENCY LIFTING TASKS. THIS PAGE IS FOR ELECTRICAL CONTRACTORS BUT WE THINK THIS IS GREAT INFORMATION FOR THE HBC CHALLENGERS TOO.

ANOTHER RESOURCES IS THE [PROPER LIFTING TECHNIQUES](#) INFO SHEET FROM WORKPLACE ATHLETICS. CHECK IT OUT.

THERE ARE TWO ACTIVITIES FOR WEEK 3:

ACTIVITY ONE: LIFTING ASSESSMENT. IF YOU WONDER IF YOU HAVE PROPER LIFTING TECHNIQUE, WANT TO LEARN MORE ABOUT LIFTING AND STRESS ON YOUR BACK, OR, IF YOU HAVE QUESTIONS RELATED TO THE CHALLENGE WE HAVE DROP IN LIFTING LAB ON 29TH FROM 10:30AM – 1:30PM IN TWO WATERS A109. THIS EVALUATION IS **OPTIONAL**. THIS IS A DROP-IN SESSION. NOTE: THERE IS **NOT** A LIFTING LAB ON TUESDAY, AUGUST 28TH AS POSTED ON THE CHALLENGE CALENDAR.

ACTIVITY TWO: ANATOMY OF THE SPINE. THIS WILL BE AN ARTICLE OR ONLINE ACTIVITY WHICH EXPLAINS THE STRUCTURE OF OUR SPINE. BACK PAIN CAN BE HARD TO DIAGNOSE AND TREAT BECAUSE THE SPINE HAS A SUPPORTIVE MUSCULAR SYSTEM INCLUDING TENDONS, ORTHOPEDIC SYSTEM INCLUDING BONES, INTERVERTEBRAL DISCS, AND LIGAMENTS AND NERVOUS SYSTEM. ALL OR ONE OF THESE STRUCTURES CAN BE

INFLAMED OR INJURED AND CAUSE PAIN. THIS ACTIVITY WILL COME TO YOU VIA E-MAIL AND BE POSTED TO THE HBC WEB PAGE ON 8/30/2018.

QUIZ: THERE WILL BE ONLY ONE QUIZ THIS WEEK (DESPITE WHAT THE CALENDAR SAYS) AND IT WILL COVER LIFTING TECHNIQUES AND POSTURE. THE LINK FOR THE QUIZ WILL BE SENT TO YOU ON SEPTEMBER 1ST.

LUNCH & LEARN: THE OPTIONAL LUNCH AND LEARN SESSIONS IS

LIFTING, PULLING AND LEVERS

SCHEDULED FOR 8/31/2018

STARTING AT 10:30AM

IN TWO WATERS B106 AND ONLINE.

[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)

WHILE WE ARE ON THE TOPIC OF LIFTING, THIS WEEK YOU WILL START YOUR FIRST EXERCISE OF YOUR HEALTHY BACK PROGRAM. THE ABSOLUTE BEST WAY TO DO THIS IS BY USING THE [JOINTSTRONG™ APP](#). IF YOU ARE GOING TO CHOOSE YOUR OWN EXERCISES, STAY TUNED AS WE SEND YOU MORE INFORMATION TO GET YOU STARTED. YOU CAN FIND A PLETHORA OF EXERCISES TO CHOOSE FROM AT THE RESOURCES SECTION OF WWW.WELLPATH.INFO/CHALLENGES. (IT'S TOWARDS THE BOTTOM). LAST WEEK WE SENT THE ARTICLE: [BUILDING YOUR BETTER BACK PROGRAM](#). PLEASE REVIEW THIS ARTICLE IN PREPARATION TO START.

THAT'S IT. THAT'S WEEK 3: LIFTING TECHNIQUES.