

GOOD MORNING:

WELL IT'S WEEK 5 OF THE 8-WEEK **HEALTHY BACK CHALLENGE**. THIS WEEK IS ABOUT **ERGONOMICS**. YOU HAVE TWO ACTIVITIES AND A QUIZ TO COMPLETE THIS WEEK. THERE IS AN OPTIONAL LUNCH AND LEARN: **ERGONOMICS & ASSESSMENTS** ON WEDNESDAY, SEPTEMBER 12TH BEGINNING AT 11:00AM.

ACTIVITIES:

ACTIVITY ONE & TWO: PLEASE REVIEW THE TWO ERGONOMIC SELF-ASSESSMENTS AND CONSIDER COMPLETING EACH WITH A PARTNER. THE SELF-ASSESSMENTS CAN BE COMPLETED ANYTIME YOU LIKE.

THE FIRST ERGO SELF-ASSESSMENT IS OF A COMPUTER WORK STATION. USE THE [CHECK LIST](#) TO EVALUATE YOUR OFFICE (HOME &/OR WORK). YOUR OFFICE EQUIPMENT AND FURNITURE CAN BE SET UP IN SUCH A WAY TO HELP YOU WORK COMFORTABLY AND SAFELY, OR THE SET UP CAN ACTUALLY ENCOURAGE POOR POSTURE AND ACCUMULATION OF STRESS THAT CAN MANIFEST ITSELF IN PAIN (BACK PAIN, HEADACHE, WRIST PAIN ETC.).

WHILE WE ARE DISCUSSING PAIN, **IF YOU DO HAVE PAIN WHILE WORKING** WE HAVE A LIMITED NUMBER OF ERGONOMIC ASSESSMENTS AVAILABLE. **IF YOU WOULD LIKE TO HAVE AN EVALUATION DONE FOR YOU AT YOUR WORKSTATION** (SRP-MIC AND ENTERPRISES ONLY) **JUST [CLICK HERE](#) TO REGISTER.** THERE ARE A LIMITED NUMBER OF SLOTS AVAILABLE THIS WEEK - IF THEY FILL UP, JUST E-MAIL WELLNESS@SRPMIC-NSN.GOV AND WE CAN SCHEDULE TO HELP YOU IN THE NEAR FUTURE.

THE **SECOND ERGO SELF-ASSESSMENT IS OF YOUR AUTOMOBILE.** USE THE [CHECK LIST](#) TO EVALUATE THE SETUP OF YOUR CAR. YOUR CAR SEAT, STEERING WHEEL, PEDAL, MIRRORS, SEATBELT, ETC. CAN BE SET UP IN SUCH A WAY TO HELP YOU DRIVE COMFORTABLY AND SAFELY, OR THE SETUP CAN ACTUALLY ENCOURAGE POOR POSTURE AND ACCUMULATION OF STRESS, JUST LIKE YOUR WORKSTATION.

BOTH THE ERGO ASSESSMENTS FOR THIS WEEK ARE SELF-ASSESSMENTS AND INTENDED FOR YOU TO BE ABLE TO COMPLETE WITH A PARTNER ANYTIME, ANYWHERE (ANYWHERE YOUR CAR AND OFFICE IS LOCATED ;-).

[CLICK FOR ERGO SELF-ASSESSMENT OF WORKSTATION.](#)

[CLICK FOR ERGO SELF-ASSESSMENT OF AUTOMOBILE.](#)

LUNCH & LEARN:

THERE IS AN OPTIONAL LUNCH AND LEARN SESSION WHICH WILL PROVIDE MORE DETAILS ABOUT THE SELF-ASSESSMENTS AND DISCUSS THE CONCEPT OF "ERGONOMICS," AND HOW WE CAN SETUP OUR WORKSTATIONS AND TAKE ACTIONS TO ALLOW US TO WORK AND DRIVE PAIN-FREE. THIS LUNCH AND LEARN SESSIONS IS CLEVERLY ENTITLED:

ERGONOMICS & ASSESSMENTS

WEDNESDAY, SEPTEMBER 12TH, 2018

11:00 AM

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

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

QUIZ:

THIS WEEK'S QUIZ IS ENTITLED **SELF-MANAGEMENT** AND WILL BE ALL ABOUT HOW TO MANAGE CHRONIC BACK PAIN, + WHEN & WHERE TO SEEK CARE IF HAVING ACUTE BACK PAIN. IT WILL COME OUT TOWARD THE END OF THE WEEK AND WILL BE EVERY BIT AS INFORMATIVE AND FUN AS THE PAST 4 QUIZZES. YOU WILL RECEIVE THE LINK TO THE QUIZ BY E-MAIL AND IT WILL BE ON THE WEB PAGE.

YOU DID NOW THAT THERE WERE WEEKLY QUIZZES? YES? IF NOT, DON'T WORRY. ALL THE QUIZZES ARE STILL AVAILABLE FOR YOUR VIEWING AND TESTING PLEASURE. THEY ARE ALL ONLINE. YOU CAN FIND THE LINKS TO THE QUIZZES IN THE HANDY-DANDY QUIZ SECTION OF THE CHALLENGE WEB PAGE:

[HTTP://WWW.WELLPATH.INFO/CHALLENGES.HTML](http://www.wellpath.info/challenges.html)

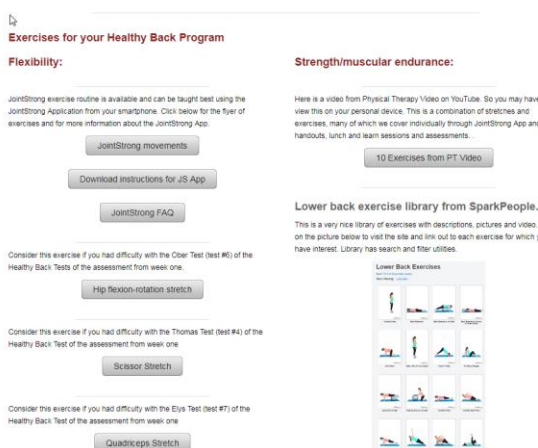
THERE IS A LOT OF OTHER BACK-RELATED INFORMATION/RESOURCES ON THE WEB PAGE AS WELL. **CHECK IT OUT.** WHEN THE HBC IS OVER WE WILL HAVE TO CHANGE THIS PAGE FOR OUR NEXT CHALLENGE.

EXERCISE:

KEEP BUILDING YOUR HEALTHY BACK EXERCISE ROUTINE: YOU SHOULD HAVE ESTABLISHED ONE OR TWO SAFE AND EFFECTIVE EXERCISES (FOR YOU) BY NOW AND IT'S TIME TO ADD ANOTHER.

YOU CAN USE THE [JOINTSTRONG™ APP](#) (RECOMMENDED) OR YOU CAN USE THE FOLLOWING MATERIALS:

- [BUILDING YOUR BETTER BACK PROGRAM](#)
- [SETTING YOUR GENERAL SYMPTOM AND FUNCTIONAL BASELINES](#)
- [SETTING YOUR SPECIFIC \(EXERCISE\) SYMPTOM AND FUNCTIONAL BASELINES](#)
- THERE ARE LINKS TO A SCADRILLION EXERCISES TOWARDS THE BOTTOM OF WWW.WELLPATH.INFO/CHALLENGES FROM WHICH TO CHOOSE. LOOKS LIKE THIS:



NEED HELP? CONTACT A [WELLPATH COACH](#) AND THEY WILL BE HAPPY TO ASSIST YOU IN THE PROCESS OF BUILDING AN INDIVIDUALIZED HEALTHY BACK ROUTINE.

QUESTIONS? WELLNESS@SRPMIC-NSN.GOV.

IMPORTANT LINKS:

HEALTHY BACK CHALLENGE: [HTTP://WWW.WELLPATH.INFO/CHALLENGES](http://www.wellpath.info/challenges)

[ERGO SELF-ASSESSMENT OF WORK STATION](#)

[ERGO SELF-ASSESSMENT OF AUTOMOBILE](#)

[JOINTSTRONG™ APP INFORMATION](#)

IMC: INTEGRATED MUSCULOSKELETAL CARE:

[HTTP://WWW.WELLPATH.INFO/IMC.HTML](http://www.wellpath.info/imc.html)

WELLPATH COACHES: [HTTP://WWW.WELLPATH.INFO/COACHING](http://www.wellpath.info/coaching)