HELLO NAME (EMPLOYEE ID):

CAN YOU BELIEVE IT'S WEEK 4 OF THE HBC? WE'RE HALF-WAY DONE.

#### IN WEEK FOUR YOU HAVE TWO (2) ACTIVITIES:

- 1) REVIEW THE INFORMATION AND CONSIDER DOING A **POSTURE ASSESSMENT**.
  THE POSTURE ASSESSMENT IS PART OF THE TOTAL *HEALTHY BACK ASSESSMENT*STARTED IN WEEK ONE.
- 2) ON, OR AFTER THURSDAY, SEPTEMBER 7<sup>th</sup> YOU WILL HAVE A LITTLE ACTIVITY CALLED **POSTURE, HIP FLEXION, AND PELVIC TILT.** It's GOING TO BE EVERY BIT AS EXCITING AS IT SOUNDS!

#### **ACTIVITY ONE:**

**REVIEW THE <u>POSTURE ASSESSMENT</u> AND CONSIDER COMPLETING THE SELF-ASSESSMENT.** THE POSTURE ASSESSMENT IS PART OF THE *HEALTHY BACK ASSESSMENT* STARTED IN WEEK ONE. THIS ASSESSMENT INCORPORATES:

- 1. HEALTHY BACK TESTS
- 2. POSTURE ASSESSMENT
- 3. <u>HEALTHY BACK QUESTIONNAIRE</u> (YOU NEED TO COMPLETE 1&2 ABOVE FOR THE QUESTIONNAIRE.

WHEN COMPLETE, THE HEALTHY BACK ASSESSMENT WILL PROVIDE TO YOU, YOUR NON-MODIFIABLE, AND MODIFIABLE RISK FACTORS FOR BACK PAIN/CONDITIONS, AS WELL AS A COMPOSITE SCORE OF THE HEALTH OF YOUR BACK. YOU CAN USE THIS ASSESSMENT INFORMATION TO BUILD YOUR HEALTHY BACK EXERCISE PROGRAM.

WE WILL BE IN TWO WATERS A 109 ON TUESDAY SEPTEMBER 4<sup>TH</sup> FROM 11:30 AM
- 1:00PM AND TWO WATERS B 205 ON WEDNESDAY SEPTEMBER 5<sup>TH</sup> FROM
10:30AM - 1PM TO ANSWER QUESTIONS ABOUT THE ANY OF THE ASSESSMENTS, AND EVEN HELP YOU TO COMPLETE THE POSTURE ASSESSMENT.

### **ACTIVITY TWO:**

LOOK FOR AN E-MAIL ON 9/7/2018 WITH INSTRUCTIONS FOR ACTIVITY TWO OF WEEK 4 OF THE HBC: **POSTURE, HIP FLEXION, AND PELVIC TILT.** 

### QUIZ:

THE ONLINE QUIZ: **ERGONOMICS** WILL BE AVAILABLE ON, OR BEFORE SEPTEMBER 8<sup>TH</sup>. YOU WILL RECEIVE AN E-MAIL WITH THE LINK, AND ALL THE INFORMATION FROM THIS E-MAIL (INCLUDING THIS E-MAIL) MAY BE FOUND AT <u>WWW.WELLPATH.INFO/CHALLENGES</u>. JUST AS IT WAS WITH PAST QUIZZES, THIS QUIZ WILL BE EASY AND WILL HELP YOU LEARN AND EXPLORE RESOURCES AROUND THE TOPIC OF ERGONOMICS (HENCE THE CATCHY TITLE).

# **EDUCATIONAL LUNCH & LEARN (OPTIONAL):**

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

# THURSDAY, 9/6/2018 @ 10:30AM

CLICK HERE TO REGISTER TO ATTEND ONLINE

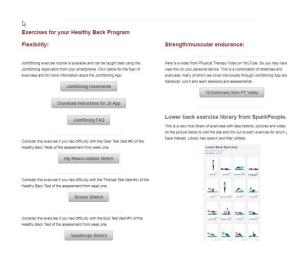
CLICK HERE TO ATTEND IN-PERSON IN TWO WATERS A109

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

THAT'S THE FUN FOR WEEK FOUR OF THE HBC.

DON'T FORGET TO START BUILDING YOUR HEALTHY BACK EXERCISE ROUTINE: YOU CAN USE THE **JOINTSTRONG**<sup>TM</sup> **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 <u>WWW.WELLPATH.INFO/CHALLENGES</u> FROM WHICH TO CHOOSE. LOOKS
   LIKE THIS:



QUESTIONS? <u>WELLNESS@SRPMIC-NSN.GOV</u>.