




WELLPATH'S HEALTHY BACK PROGRAM



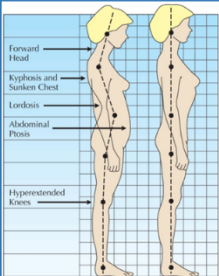
IN WEEK FOUR YOU HAVE TWO (2) ACTIVITIES:

- 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 7TH** 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!



WEEK FOUR: SEPTEMBER 3RD – 7TH

POSTURE:



ACTIVITIES:

- POSTURE ASSESSMENT
- HIP-FLEXION & PELVIC TILT

LUNCH & LEARN:

- POSTURE, LIVING IN A HIP-FLEXION WORLD AND THE PELVIC TILT

QUIZ:

- ERGONOMICS

ACTIVITY ONE:

REVIEW THE ***POSTURE ASSESSMENT*** 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. [HEALTHY BACK QUESTIONNAIRE](#) (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 A109 ON TUESDAY SEPTEMBER 4TH FROM 11:30 AM – 1:00PM AND TWO WATERS B 205 ON WEDNESDAY SEPTEMBER 5TH 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 8TH. 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 WWW.WELLPATH.INFO/CHALLENGES. 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™ 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:



Exercises for your Healthy Back Program

Flexibility:

JointStrong exercise routine is available and can be taught best using the JointStrong Application from your smartphone. Click below for the flyer of exercises and for more information about the JointStrong App.

JointStrong movements

Download instructions for JS App

JointStrong FAQ

Consider this exercise if you had difficulty with the Ober Test (test #6) of the Healthy Back Tests of the assessment from week one.

Hip flexion-rotation stretch

Consider this exercise if you had difficulty with the Thomas Test (test #4) of the Healthy Back Test of the assessment from week one

Scissor Stretch

Consider this exercise if you had difficulty with the Elys Test (test #7) of the Healthy Back Test of the assessment from week one

Quadriceps Stretch

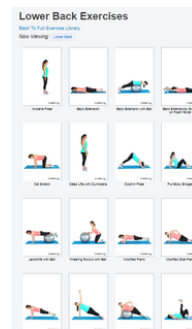
Strength/muscular endurance:

Here is a video from Physical Therapy Video on YouTube. So you may have view this on your personal device. This is a combination of stretches and exercises, many of which we cover individually through JointStrong App and handouts, lunch and learn sessions and assessments.

10 Exercises from PT Video

Lower back exercise library from SparkPeople.

This is a very nice library of exercises with descriptions, pictures and video. on the picture below to visit the site and link out to each exercise for which you have interest. Library has search and filter utilities.



QUESTIONS? WELLNESS@SRPMIC-NSN.GOV.