

# BE YOUR BEST SELF!



TIPS FROM WORKCARE'S INDUSTRIAL INJURY PREVENTION SPECIALISTS

## SOS FOR YOUR SHOULDERS



Layne



*The shoulder is your body's most mobile and least stable joint. Remember SOS – stretch, observe, strengthen – to maintain mobility-stability balance for optimal shoulder health.*



– Layne Bloom, COTA/L, CEAS  
Industrial Injury Prevention Specialist



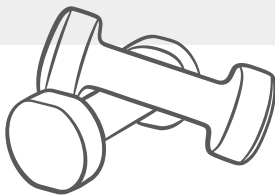
1

GENTLY STRETCH YOUR BACK, NECK, WRISTS AND CHEST TO IMPROVE SHOULDER STABILITY.



2

GET A CHECKUP IF YOU OBSERVE A CLICKING OR POPPING SOUND; IT COULD BE A SIGN OF IMPINGEMENT.



3

DO WEIGHT-TRAINING EXERCISES TO STRENGTHEN YOUR MID-BACK, SIDES AND EXTERNAL SHOULDER ROTATORS.



### Our Specialists

WorkCare's Industrial Injury Prevention Specialists have training in sports medicine, ergonomics, musculoskeletal assessment, workplace safety and wellness programs. They work onsite and provide virtual consultations in all types of settings to help protect and promote employee health.

WorkCare, Inc., is a U.S.-based occupational health, wellness and absence management company. Be Your Best Self! is our periodic injury prevention tip sheet. To learn more: 800.455.6155 • [info@workcare.com](mailto:info@workcare.com) • [www.workcare.com](http://www.workcare.com)

### Prevention Saves

Employers using WorkCare's Industrial Athlete Program experience 4-to-1 average cost savings with high employee satisfaction ratings and favorable fitness-for-work results.