

KNOCKING OUT MUSCLE KNOTS



Muscle knots associated with stress, overuse, poor body mechanics, prior injury and other factors form when muscle fibers contract and don't relax. There are ways to prevent and relieve persistent knots that cause discomfort and affect range of motion.



– Jera Scott, LAT, ATC
Industrial Injury Prevention Specialist



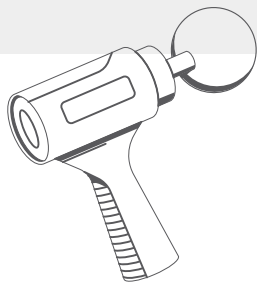
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BEFORE ACTIVITY, DO A DYNAMIC WARMUP TO INCREASE BLOOD FLOW; DO A STATIC COOL DOWN AFTER ACTIVITY TO RELIEVE MUSCLE TENSION.



2

TO COUNTERACT RISK FACTORS, TAKE MICRO-BREAKS TO GENTLY STRETCH, MOVE AROUND, EAT NUTRITIOUS FOODS AND STAY WELL HYDRATED.



3

FOR RELIEF, TRY ERGONOMIC ADJUSTMENTS, MASSAGE THERAPY, HEAT AND SHORT-TERM USE OF NON-PRESCRIPTION ANTI-INFLAMMATORY MEDICATIONS.



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.

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.