Musculoskeletal Health



Stay Strong, Stay Healthy!

Welcome to Musculoskeletal Health Month! Whether you're in the city, suburbs, or exploring, we've got tips and hacks to keep your bones and muscles in top shape.

Urban Living and Your Muscles

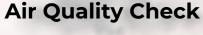
Deskercises to Combat Sitting

Combat hours of sitting with quick exercises at your desk.



Use urban parks and community spaces.

Walking or jogging in green spaces can refresh your mind and body.



Pollutants can inflame your joints and muscles.

On high pollution days, choose indoor workouts and use weather apps to check air quality.









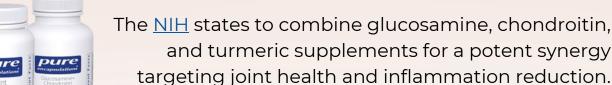


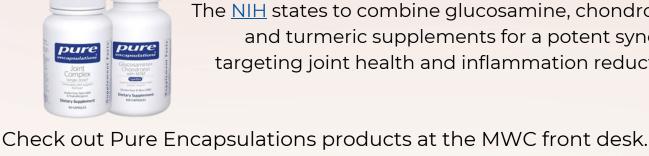
Daily Hacks for Joint Health

Stay Hydrated

Synergistic Supplement

A <u>Harvard</u> study reports that drinking water helps maintain healthy joints...





When to Seek Help Experiencing persistent pain or discomfort? Visit MWC's team:

Click here to schedule your appointment with our musculoskeletal team or

nurse practitioners. Did You Know?

From beach to ballpark, learn trivia about how bones, joints and muscles work and play overtime for warm-weather fun!

Sandal Safety

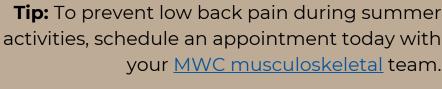


alignment.

Tip: Look for sandals with good arch support, shock absorption, heel cupping, and sturdy soles to prevent overpronation and joint strain.



musculoskeletal complaint from activities like gardening and golfing.





Just a 2% drop in body water can reduce muscle

strength by up to 15%.

Tip: Drink plenty of water before, during, and after

Carry a water bottle and take frequent sips. A Word From Our HSS Affiliate



pain.

Learn expert tips on proper posture, breaks, and ergonomics to prevent/relieve back issues from prolonged sitting.

Read the full article <u>here</u>. Rehab Corner

Kneeling Wood Chop Exercise

Core and rotational strength? This exercise mimics a



wood-chopping motion, engaging your obliques and boosting rotational strength.

Perfect for core stability and functional fitness!

Click here to incorporate this dynamic move into your workout.

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