

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.



Explore Your City

Use urban parks and community spaces.



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

Air Quality Check

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

A [Harvard](#) study reports that drinking water helps maintain healthy joints..

Synergistic Supplement

The [NIH](#) states to combine glucosamine, chondroitin, and turmeric supplements for a potent synergy targeting joint health and inflammation reduction.



Check out Pure Encapsulations products at the MWC front desk.

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

Flip-flops lack support, risking foot/joint pain.

Choose supportive sandals for better alignment.

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



Beat Summer Back Pain

Low back pain is the most common summer musculoskeletal complaint from activities like gardening and golfing.

Tip: To prevent low back pain during summer activities, schedule an appointment today with your [MWC musculoskeletal](#) team.



Hydration Alert

Dehydration can actually shrink your spinal discs!

Just a 2% drop in body water can reduce muscle strength by up to 15%.

Tip: Drink plenty of water before, during, and after activity to keep muscles, joints, and spine healthy.

Carry a water bottle and take frequent sips.



A Word From Our Affiliate

You've Been Sitting Wrong!

Poor sitting posture increases the risks of severe back pain.

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

Read the full article [here](#).



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.

