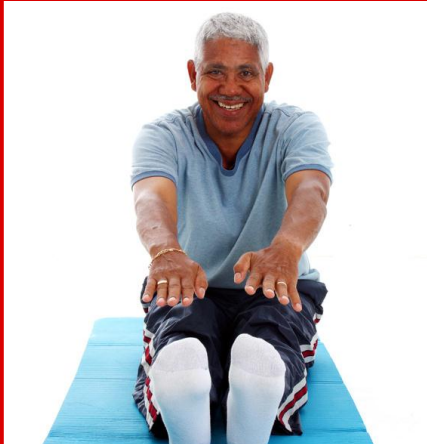




# JOB READY SERVICES

## YOUR STAMP OF APPROVAL FOR WORKPLACE FITNESS

December 2013 Issue



### *Our Services:*

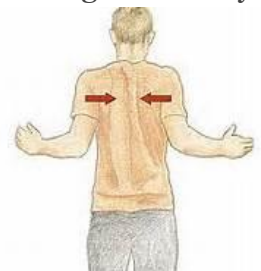
- Functional Capacity Evaluations
- Work Conditioning
- Job Analyses
- Fit for Duty Testing
- Employment Testing

## HOLIDAY STRETCHING

This time of year is especially hectic. We are dealing with the holidays as well as end of year deadlines at work. We find ourselves spending more time on the computer finishing projects and searching for the perfect gifts. Less time is spent walking around at the mall because everything we need is at our fingertips. We get so caught up working on the computer that we lose track of time, and we forget to take frequent breaks to stretch. Prolonged sitting and computer use can cause long term problems such as low back pain, neck and shoulder stiffness, and eye strain to name a few. How do we minimize this stress and strain on our bodies?

A simple solution is to exercise and stretch. It is important to take frequent breaks to minimize the stress and strain of long term computer use and sustained postures. Stretching improves blood flow, reduces stiffness and soreness, and decreases your risk for injury. It is important to stretch your muscles and get your body moving, and it only requires a few minutes at a time. Set the alarm on your computer or phone to go off every hour as a reminder. Always remember when doing stretches, you may feel a gentle pull or stretch but NEVER pain. If you feel pain, STOP. GENTLE is the key word.

- 1) Get up and move. Even if it is to go to the water fountain or walk around the office. You want to get the body moving and the blood pumping.
- 2) Shoulder Squeezes: Your arms should be bent with your elbows at your sides. Gently pull them back and behind you as if you are trying to get them to touch. Hold for a count of 5 and relax. Do 3-5 repetitions.



- 3) **Wrist Stretch:** Straighten your right arm and extend your hand with wrist bent and fingers pointing to the sky. Gently grab your wrist and fingers with your left hand and pull back. Hold for a count of 5. Do 3-5 repetitions.
- 4) **Deep Breaths:** Inhale deeply through your nose for a count of 3 and shrug your shoulders towards your ears. As you exhale, count to 5 and feel your shoulders drop all the way down as the tension exits. Do 3-5 repetitions.
- 5) **Big Hug:** Give yourself a hug. Crisscross your arms around you. Wrap your right arm around you and place your hand on your left shoulder and your left hand on your right shoulder and drop your head. Breathe in and out and feel the release of tension between your shoulder blades. Hold 10-20 seconds. Do 3-5 repetitions.



Wishing you a happy and healthy holiday.

*-Submitted by Sheila Daugherty, PT, Functional Evaluator at Job Ready Services*



## **JANUARY LUNCH & LEARN**

Thursday, January 23, 2014 12:00-1:00 at Job Ready office

Speaker: Dr. David Caretto, Duke Medical Center

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We have Spanish-speaking staff for daily work conditioning visits.

Dr. Caretto will be discussing 3 factors currently affecting our workforce: Aging, Obesity and Mental Health issues. How do these factors affect work performance and risk; what ergonomic and legal issues need to be addressed and what new approaches exist to assist employers in reducing and/or mitigating these risks?

Cost: \$12.00

CEU's pending: CCM (1 hour)

To register, please call or email Michelle Morgan at michelle.morgan@jobreadyservices.net , or visit our website at www.jobreadyservices.net .

## **HAPPY HOLIDAYS!**

The staff of Job Ready would like to wish everyone Happy Holidays and a Happy New Year! We're looking forward to working with you in 2014!

From: Debra, Michelle, R.J., Jorn, Kathryn, Sheila, and Caitlyn