

2024 APRIL Musculoskeletal Injury Prevention



Do you have aches and pains?

If you answered, yes, you are not alone. According to the Bone and Joint Initiative USA, nearly **1 in 2** American adults - have a musculoskeletal disorder.

What are the most common musculoskeletal (MSK) conditions?

There are many MSK conditions, but the most common are sprains, strains, fractures, arthritis and inflammatory diseases.

Know the signs & symptoms:

Signs & symptoms may present differently in different people and can range from mild to symptoms that interfere with our ability to complete daily tasks. Here are some common symptoms: *recurring pain, stiff or weak joints, noises in the joints, swelling, dull aches, decreased range of motion, and muscle weakness.*

What can you do to help prevent some of these injuries?

Check out these videos demonstrating how to properly stretch to help prevent strains and fatigue:

- <https://bewell.cretex.com/seated-stretch>
- <https://bewell.cretex.com/standing-stretch>

Learn how to reduce your risk

- **Take scheduled breaks:** Stretch breaks help reduce muscle tension, increase blood flow and help relieve discomfort due to repetitive movements, awkward and static postures. Check out the Be Well Site for examples of stretches and exercises.



- **Set up your workstation to support musculoskeletal health:** Having your workstation set up correctly, can help reduce awkward postures that can increase muscle strain. Check out the BeWell site for more information.



- **Get Moving!** Maintaining strength, flexibility and cardiovascular health can help reduce your risk of injury. Connect with a Health Coach to help you set goals and develop a plan. Log in to the Marathon Health portal to learn more.



- **Get proper sleep:** Sleep is essential for muscle repair, energy and recovery. According to the CDC, adults should get 7 or more hours of sleep each night. Get sleep information and tips here:



FEATURED ACTIVITY

How to Participate: Scan the Teams Form QR code located to the right of this text box or copy and paste the link into your web browser. Fill out the Teams form to be eligible for the incentive.

Response Form



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