

Preventing and Treating Career Injury

Becoming more aware is the key to a successful career,
increasing longevity and comfort

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Doing multiple massage appointments day after day

Over the years, I would take the day off or call in sick, canceling appointments. After a while that did not work anymore.

I had to learn to treat myself!

The best advice is to be aware of your body at all times of the day.

Take inventory especially in the morning. If you notice something that does not feel right, address it right then.

- Every single day I do my warm-up movement exercises.
- Address the problem of the day (usually with ice).
- Sometimes I would have to adjust my techniques during massages to give certain body parts a rest.

What follows are suggestions that have worked for me.

Warm-up movement exercises

Rotate all of your joints.

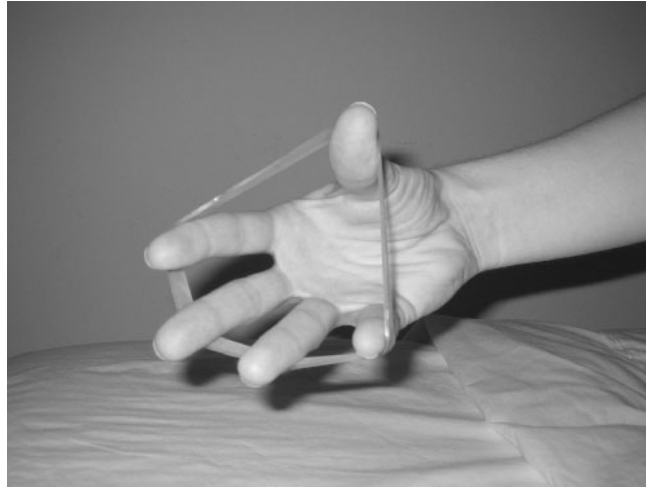
- Neck rolls
- Shoulder rolls
- Finger joint rolls
- Hip rolls
- Deep knee squats
- Ankle rolls

Cryotherapy/Heat

- **Effects of Ice Therapy:** Decreased circulation, decreased metabolism, decreased inflammation, decreased pain, and decreased muscle spasm.
- **Effects of Heat Therapy:** Increased circulation, increased metabolism, increased inflammation, decreased pain, and decreased muscle spasm.

Rubber Band Extension

Place a #64 rubber band around all fingers. Open and close the hand for a maximum of 30 seconds. This exercise strengthens the extensor side and takes pressure off of the flexor side.



Wrist Mobilization

Place the left hand on top of the right wrist and curl your fingers around the outer part of the right hand. This will support the right hand. Move the supported hand, flexing and extending it, (up and down) as you gently traction the hand away from the wrist, as you continue to flex and extend it. Can be repeated as often as needed.



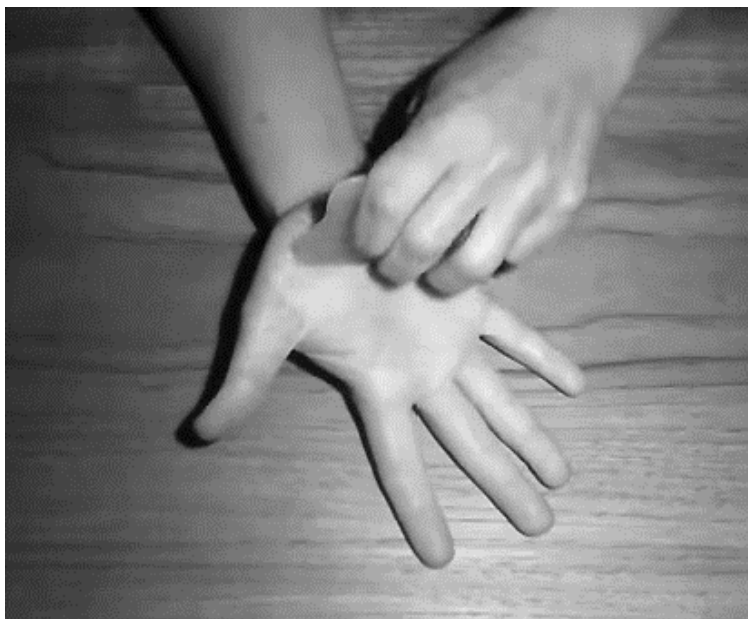
Wrist Pull

This decompresses the carpal tunnel and can give you relief from the pain. Shake the arm out and pull the hand away from the wrist. Repeat on the opposite hand.



Thumb/Finger Scraping

Using a tool (edge of a spoon, butter knife, or something with an edge). Stretch the thumb open and scrape back and forth. Be careful to only do a few times because this could irritate the area.



Thumb Squeeze

Place the fingernails of the opposite hand into the pad of muscle under the thumb, and then close both hands around each other.



Thumb Extension Stretch

Using the index finger of the opposite hand push the thumb into extension to stretch, and then with the opposite thumb stroke the base of the thumb of the outstretched palm.



Wrist Flexion Stretch

Put your arm straight in front of you, as if you are pointing directions. Make sure that your elbow is fully extended but not locked. Flex your wrist gently. Use your other hand to pull the flexed hand toward your body. Pull for five seconds and repeat.



Wrist Extension Stretch

Put your arm straight in front of you. Make sure that your elbow is fully extended but not locked. Use your other hand to pull up and extend the hand by pulling up the fingers. Pull for five seconds, then release. Repeat.



Extension Clamp

Place one hand into the shape of a “C” clamp. Clamp around the posterior forearm muscles, while you extend the wrist backward. An alternate could be using the opposite forearm to push into the muscles instead of the “C” clamp.



Flexion Clamp

Place one hand into the shape of a “C” clamp. Clamp around the anterior forearm muscles, while you flex the wrist upwards. An alternate could be using the opposite forearm to push into the muscles instead of the “C” clamp.



Pronation Stretch

Grasp the wrist with the other hand and rotate inward to stretch. Hold for five seconds and relax. Repeat



Supination Stretch

Grasp the wrist with the other hand and rotate outward to stretch. Hold for five seconds and relax. Repeat



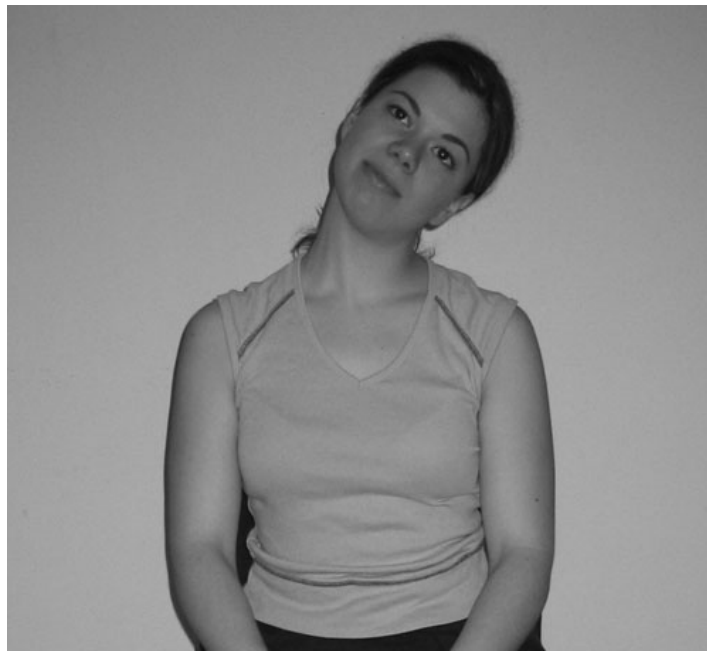
Forearm Wringing

Twist the forearm muscles with the other hand in both directions. Then repeat



Scalene Stretch

Gently bring the ear towards the shoulder and drop the opposite shoulder. Using the hand, push the side of the head toward the shoulder. Then repeat other side.



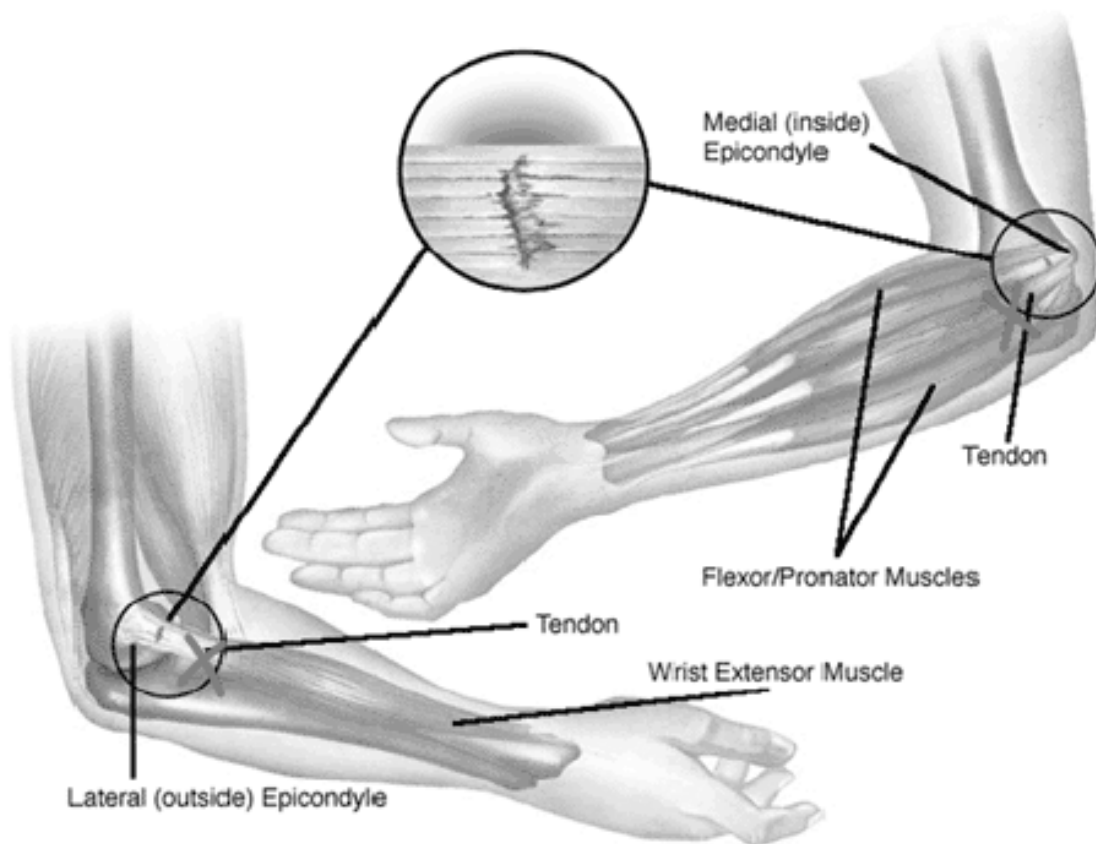
Treatment for Inflammation of the Elbow

Place finger or thumb below the protrusion of bone that sticks out at the side of the elbow.

Cross fiber massage this area (X) as deep as possible for up to 10 seconds.

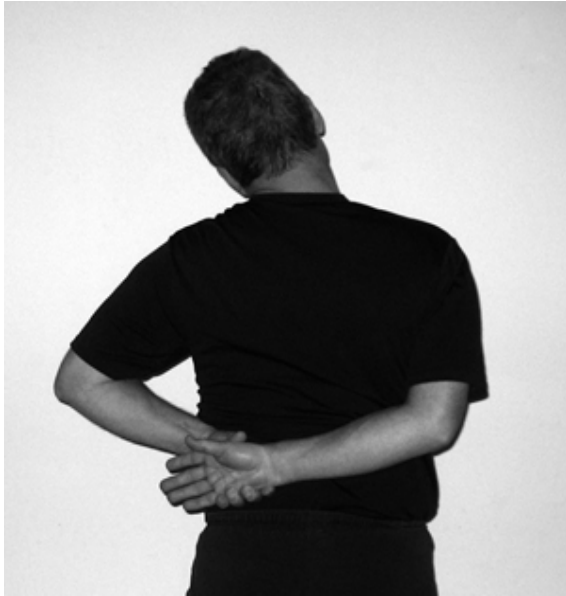
Do the same for the other side of the elbow.

Ice this area for up to 2 minutes, after treatment. Continue each day for 5 days.



Neck and Trapezius

Place hands behind the back.



Grasp the wrist.

Pull the wrist to one side, so you have a bent elbow, and the other elbow is fairly straight.

Slowly bring your ear to the bent elbow side.

Repeat on the other side.

Mid Back

Cross bent elbows overhead.

Lean upper body to one side.

Repeat on the other side.





Upper Back and Shoulder

Place straight arm across the chest.

With the other arm or hand, pull straight arm toward the center of the body.

Repeat on the other side.

Triceps and Shoulder

Bring hand behind head (on the same side) to the upper back.

Gently pull the elbow back and downward, moving the hand down toward the center of the upper back.

Repeat on the other side.





Chest and Shoulder

Bend at the waist; interlock both hands behind the back with straight elbows.

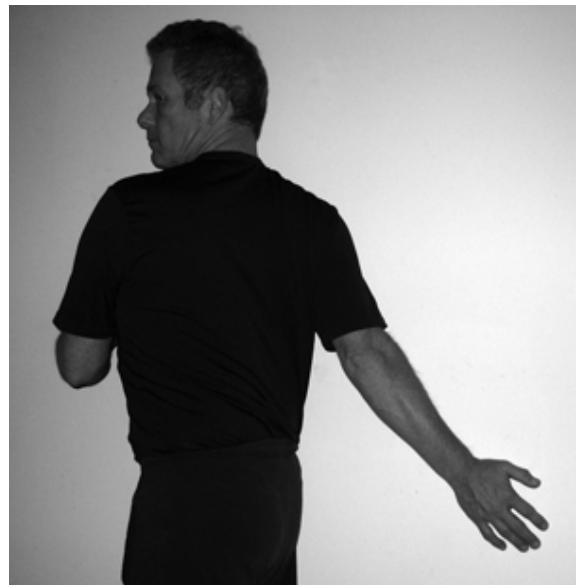
Bring the shoulders together, and then relax.

Slowly raise the straight arms.

Place shoulder and side of the body against the wall.

Push shoulder into the wall, while rotating the body away from the wall.

Having the arm straight with the hand below will stretch the biceps.





Having the elbow bent with the hand above will stretch the chest.

Repeat on the other side.

Hip Flexor

Kneel on your bent knee.

Lean your pelvis forward by bending the knee more.

Repeat on the other side.





Hamstring

Place your foot on a chair.

Rest your chest on your bent knee.

Back away from your elevated foot.

Repeat on the other side.

Calf

Place hands on the wall, while one leg is straight with the other knee bent.

Push against the wall.

Repeat on the other side.





Quad

Place hand on the wall while bending the knee.

Grasp the foot or ankle.

Repeat on the other side.



Neck

Fully retract the head backwards as far as possible.

Release to the starting position.



Upper Back and Shoulder

Place towel in one hand behind the back.

Grasp end of towel with other hand.

Slowly crawl fingers toward each other.

Repeat on the other side.



Place towel in one hand behind the back.

Grasp end of towel with other hand.

Pull top of towel up, then pull bottom of towel down.

Slowly saw back and forth.

Repeat on the other side.

Hamstring and calf



Lie on the floor with towel in both hands.

Place one foot in the middle of the towel.

Pull towel toward the body.

Repeat on the other side.

Hamstring and Glutes

Lie on the floor with knee bent.

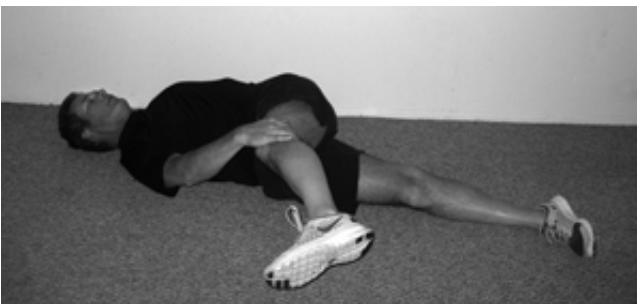
Place hand on the sole of the foot.

Pull the foot toward the center of the body and to the floor.

Repeat on the other side.



Low Back and Glutes



Lie on the floor.

Cross one straight leg to the other side.

Repeat on the other side.

Back and Abdominal

With hands and knees on the floor.

Arch back and lower head.



Round back and raise head.

Abdominal



Lie face down on the floor.

Place hands or forearms on the floor.

Raise upper body.