What Do Healthy Tissues Need?

FACT!
- To remain healthy and functional our bones, muscles, ligaments and nerves get their nourishment when we move and the blood flows efficiently throughout our body.

“Use it or Lose it!”

RISK FACTORS
- Repetition, performing a task for a prolonged period of time, assuming awkward or stationary postures, and using excessive forces.

WARNING SIGNS
- Pain, soreness, burning sensations, aches, fatigue, stiffness or headaches.

INJURIES
- Repetitive strain injuries to muscles and tendons, stress on ligaments and joints and irritation of nerves.

TISSUES NEED...
- Movement!
- To be gently stretched and strengthened
- Optimal postures that are varied over the day
- Rest and recovery time

MOTION IS LOTION
- Changing your postures and seating.
- Incorporate movement into daily tasks.
- The Canadian activity guidelines suggest that adults aged 18-64 should try and incorporate at least 150 minutes of moderate- to high-intensity aerobic physical activity per week, in bouts of 10 minutes or more.
- Break up your day with physical activities (i.e. walking, biking, gardening, raking leaves, stairs)
  - Strength training x2 days a week.

THINGS YOU CAN DO
- To prevent injury, your tissues need rest breaks - take a 5 minute break for every hour of work.
- Pace your work tasks:
  - Plan out work day
  - Change tasks throughout the day
  - Set task time-frames
- Sleep (7-9 hours per night).

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Sourced from:
Canadian Centre for Occupational Health and Safety
https://www.ontario.ca/page/ergonomics-workplace
Canadian Activity Guidelines
Department of Occupational Science & Occupational Therapy
Department of Physical Therapy