

Welcome

Ergonomic Essentials

February 23, 2022

“We’ve built a company that we’re proud of – from who we are to what we do and how we do it. Respecting the trust clients place in NFP is always top of mind.”
– Eric Boester, EVP and Chief Marketing Officer



Definition of a Mentally Strong Organization

Our people are our
most important asset.*

*“...when they are in
the **green zone.**”*

- Dr. Jeremy Hunter







Dr. Laura Watterson

Chiropractic Physician/Owner

What You'll Learn Today

- Mechanics of the injuries and common complaints like upper trap pain, headaches, neck pain, neck tension and low back pain — how and why it happens
- Solutions to help alleviate and prevent these common issues
- In-office and home care exercises focusing on posture/stacking our joints, core stability, hip mobility/stretching and diaphragm breathing



ROGAN
sports clinic

Ergonomic Essentials

LAURA WATTERSON, DC

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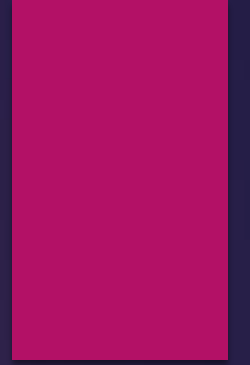
Making the Most of Your Time and Energy...

- ▶ In the clinic
- ▶ Individual and personalized messages
- ▶ Aware and mindful
- ▶ Consult a medical professional in your area and ask questions! (:
- ▶ Outliers
- ▶ Reference material available

Pain and Injury

- ▶ Behavior changing
- ▶ Pain and injury affects those around you
- ▶ Motivation for change
- ▶ not “All or Nothing”
- ▶ Nature vs Nurture
- ▶ Global patterns
- ▶ Compensation patterns
- ▶ How injury occurs:
 - Abnormal force to a normal tissue
 - Normal force to an abnormal tissue

Momentum and Inspiration



- ▶ Progress in motion
- ▶ What inspires, motivates you and drives you to work toward goals?
- ▶ Investment in your health
- ▶ Every day can be a new day to work towards positive change

Common Symptoms and Complaints

- ▶ Headaches, Neck muscle, TMJ muscle, upper trap and “shoulder” pain and ache
- ▶ Wrist and hand pain
- ▶ Low Back pain and “Hip Pain”
- ▶ with respect to the duration of the session today, we will aim to deliver and discuss this information in the most clear and concise way possible. We may leave out some outliers and special considerations. Please ask your medical professional for individual care and recommendations.

Headaches, Neck, TMJ, Upper Trap and “Shoulder” Pain and Tension

- ▶ Causes and triggers
- ▶ Head position and posture- relationship to the rest of your body
- ▶ Scapular stability and motion- relationship to the core
- ▶ Chest breathing vs. diaphragm breathing
- ▶ Jaw and neck tension
- ▶ Faulty distribution of forces
- ▶ Muscles will yell if they work too hard and/or are overloaded

Low Back Pain and Hip Muscle Dysfunction

- ▶ Mechanical low back pain
- ▶ Progresses to- disc, stenosis, arthritic changes and bone spurs
- ▶ Excessive force = dysfunction in force distribution
- ▶ Behavior changing symptoms are typically secondary to the underlying area of stress
- ▶ Back pain and hip motion limitation and dysfunction are often associated

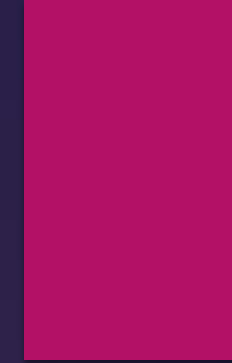
Self Care Options

- ▶ Head position and sitting posture
- ▶ Jaw muscle release
- ▶ Self soft tissue/muscle release
- ▶ Diaphragm breathing
- ▶ Massage
- ▶ Yoga/exercise
- ▶ Acupuncture/Dry needling
- ▶ Chiropractic
- ▶ Physical Therapy
- ▶ Meditation

Posture



Posture
?



Neutral Sitting

- ▶ Monitors
- ▶ Mouse/keyboard



Standing Posture



Neutral Standing



Diaphragm Breathing

- How to
- Benefits



Self Soft Tissue Release



Mobility



Mobility



Nerve and Tissue Tension



Transition Movements

- Sit to Stand
- Respect Anatomy



Lifting = Squat Mechanics





Lifting Overhead



Standing



Nerve and Tissue Tension



Create Space





WATER

- ▶ How much
- ▶ Intuitive
- ▶ Be aware
- ▶ Start building up to a gallon. Should not be forced. Some drink more, some need less depending on their composition, activity levels, food

Resources

- ▶ Website
- ▶ RoganSportsClinic.com
- ▶ IG/SM
- ▶ @RoganSportsClinic
- ▶ Blog
- ▶ Thank you! (:

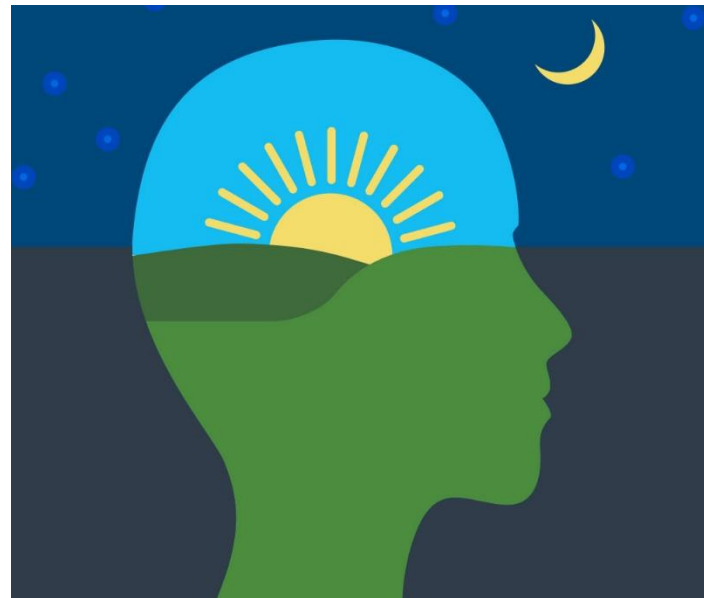
THANK YOU!

Join NFP for our next virtual event:

Optimizing Immunity Through Nutrition

March 30, 2022

12:00 – 1:00 ET



Click [HERE](#) or scan the QR code to register.

