

# MCFR MONTHLY WELLNESS

## MARCH 2024 NEWSLETTER



NATIONAL ATHLETIC TRAINING MONTH MARCH



### BE A CATALYST FOR YOUR HEALTH

**Take Action on Your Nagging Aches, Chronic Pains, and Prevent Future Injuries/Trips to FROMS!**

Low back pain, shoulder discomfort, lack of joint flexibility and mobility, neck tightness, poor posture. These are only of a few of the chronic issues that plague firefighters and rescuers. Don't let these issues drag you down for your entire career. Dr. Kelsey Tanler is a resource to you and her goal is to keep you on the floor longer and prevent you from ending up in FROMS. The month of March is National Athletic Training Month (NATM). NATM brings awareness to the important work that Certified Athletic Trainers do for their patients. Check out some of the ways that YOUR Certified Athletic Trainer can help you stay on the floor longer and prolong your career.



Back pain?



Nagging knee pain?



Don't know where to start?

**Services for YOU:**

<b>Evaluation</b>	<ul style="list-style-type: none"> <li>• Minor musculoskeletal complaints (sprains, strains, muscle soreness and tension).</li> <li>• Joint mobility and flexibility.</li> </ul>
<b>Injury Preventative Screening</b>	<ul style="list-style-type: none"> <li>• Functional Movement Screenings (FMS) to predict areas of dysfunction that could cause future injury.</li> <li>• Biomechanics and ergonomic evaluations of job tasks.</li> </ul>
<b>Preventative Exercise &amp; Treatment</b>	<ul style="list-style-type: none"> <li>• Early management of musculoskeletal disorders/complaints.</li> <li>• Services including manual therapy techniques, therapy programming, evaluation, tape applications.</li> </ul>

*\*My job is to keep you OUT of FROMS. I cannot take you off the floor, but if you present with a complaint that warrants referral, referral to your healthcare provider will be recommended.*

Click [HERE](#) to be linked to my calendar to make an appointment!

### MCFR HEALTH & INJURY PREVENTION

Questions about that aching shoulder pain? Back pain keeping you from doing PT like you used to? Just having a hard time figuring out what that pain is in your knee? Make an appointment on or off shift by scanning the QR code! Kelsey is able to evaluate and treat your complaint with personalized rehab, functional movement screening, and much more. All focused on keeping you on the floor LONGER.

