

MCFR MONTHLY WELLNESS

APRIL 2024 NEWSLETTER

INJURY
PREVENTION CITS
EPISODE AIRING
WEDNESDAY,
APRIL 10TH!



BE A CATALYST FOR YOUR HEALTH

Common Injuries in the Fire Service

As covered in the March 2024 newsletter: low back pain, shoulder discomfort, lack of joint flexibility and mobility, neck tightness, and poor posture are only a few of the chronic issues that plague those working in the fire service. The biggest pain point across fire rescue personnel is chronic low back pain. But how do you know where to start with treating low back pain? In this month's newsletter, we'll cover how you can take action to prevent low back pain from taking you off the floor.

CHRONIC LOW BACK PAIN CAUSES

Dysfunctional Movement/Improper Body Mechanics

Compensations and improper movements can put stress and strain on the lower back.

Hip Immobility

The femur not moving as smoothly in the hip socket can lead to tension and effect movement patterns like squatting, walking, and climbing.

Muscular Imbalances

Instability in various muscles around the hips and core can create imbalances and compensations, putting more strain on the low back muscles that are only meant to hold up the spine.

LOW BACK PAIN PREVENTION

[CLICK HERE FOR A LOW BACK MOBILITY PROGRAM!](#)


Functional Movement Screening (FMS) to predict areas of immobility and instability.

You can make an appointment with me to either be tested individually or to have your entire shift tested to highlight areas of dysfunction and determine areas at risk of future injury. All results are confidential and for your eyes only!

Strengthening focus on core, hip abductors, hamstrings, and quadriceps + hip/thoracic spine mobility

All of these muscle groups help to stabilize the lower back and correct areas of weakness or overuse. These are also common areas that people will feel "weak" or "tight."

IMPORTANT ANNOUNCEMENTS!



OUTPOST CLINIC AT FS12! LAST WEEK OF APRIL: 22ND, 24TH, 26TH

My clinic will be setup at FS12 and all appointments for that final week in April will be held there! Those in the 1st Battalion or anyone commuting past FS12 after their shift are welcome to make appointments on or off-shift.

BATTALION 2 INJURY PREVENTION STATION VISITS!

APRIL 15TH & 29TH, MAY
1ST

Look out for the sign-up JotForm from your BC702 to sign up for a date/time on your shift day!

CHALLENGES IN THE STREETS EPISODE! APRIL 10TH

Tune into the CITS episode on April 10th to hear more about my position in the department and what services I can provide for you and your station!

MCFR HEALTH & INJURY PREVENTION

Click [HERE](#) or scan the QR code to be linked to my calendar to make an appointment to treat and rehab your low back pain!

