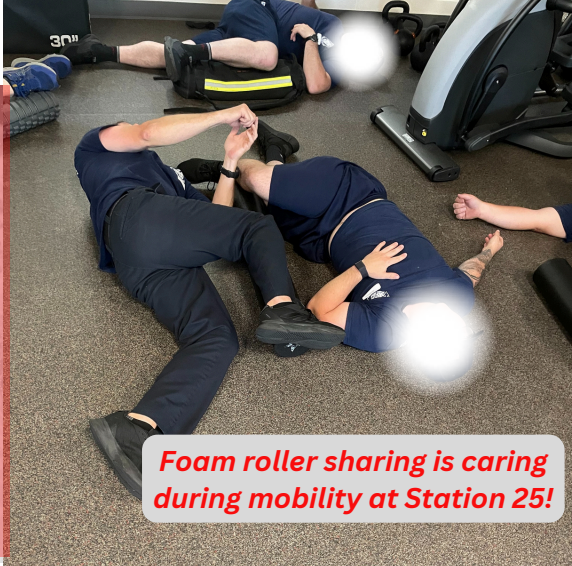


MCFR MONTHLY WELLNESS

JULY 2024 NEWSLETTER

1ST BATTALION
STATION VISITS
END OF
JULY/EARLY
AUGUST
SIGN UP TODAY!



Foam roller sharing is caring during mobility at Station 25!

BE A CATALYST FOR YOUR HEALTH Where to Begin with Injury Prevention

Over the last 4 months, I've had the pleasure of visiting with various stations and shifts across the county to give everyone the tools to prevent injury while on the floor. For those who may have missed a visit or were not able to sign-up while I was in your battalion, be on the lookout for the next round of station visits which will be shared by your battalion chief and in future newsletters. In the meantime, for the month of July, I have created 4 digital injury preventative programs focused around the 4 major joints that can cause issue or injury in the fire service: hip, shoulder, knee, and ankle. In this newsletter, you can find QR codes and links to each program. Each will bring you to a digital platform called "Prehab Guys" which is a home exercise software that has videos and instructions for each exercise. **CLICK ON THE QR CODES OR SCAN THE QR CODES TO BE TAKEN TO EACH PROGRAM. EN TO EACH PROGRAM.**

CLICK ON THE QR CODE OR SCAN!

HIP PROGRAM



SHOULDER PROGRAM



KNEE PROGRAM



ANKLE PROGRAM



IMPORTANT ANNOUNCEMENTS!

BATTALION 1 ROUND 2 OF INJURY PREVENTION STATION VISITS!
JULY 29 (C), AUGUST 5 (A), AND AUGUST 12 (B)
CLICK HERE FOR THE JOTFORM TO SIGN UP OR CONTACT YOUR BATTALION CHIEF FOR THE JOTFORM LINK.

SHOUTOUTS!

Big shoutout to the 3rd battalion for having the most personnel who tested on the Functional Movement Screen (FMS) with 73 people!!