



Musculoskeletal Health Presentation

Length: 1hr

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: How does poor sitting postures cause neck pain, slouched shoulders or dowager's hump? How can improper lifting of materials cause lower back pain? Why can leaning towards a computer screen for long periods cause forward head postures?

These issues are tackled, with either a bespoke workshop, or a series of seminars to tackle the MSD issues prevalent in your workplace.

Content includes the following:

- Addressing hazards and risks
- Morning stretches to maintain a healthy MSK
- Bone Health Nutrition
- Healthy Ageing - MSK strategies
- Exercises to correct Dowager's Hump (if requested)

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.