



4 Simple Tips to Prevent Injuries

Chronic pain and injuries can affect your physical health, energy and productivity. Prioritize injury prevention with these simple tips!

1 Warm-Up & Stretches

Ease into workouts with dynamic stretches with movement and a warm-up. Remember to also stretch post-workout as a cool down.

2 Standing & Sitting

Set a timer for 1-2 hours as a reminder to switch from sitting to standing. Adjustable standing desks can help encourage and support this routine.

3 Lifting

Keep your back straight and your shoulders over your hips. Perform a deep squat by bending at the knees and hips, keeping the spine upright.

4 Posture

Sit up straight and engage your core. Plant your feet firmly on the ground and bend your knees at 90 degrees.



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Stretch at your own risk and modify as needed. Physera is an employer-provided benefit available to you at no cost.



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