

BE YOUR BEST SELF!



**INDUSTRIAL
ATHLETE**
PROGRAM

TIPS FROM WORKCARE'S INDUSTRIAL INJURY PREVENTION SPECIALISTS

BENEFITS OF THERAPEUTIC MASSAGE



Samantha



Therapeutic massage is the mobilization of soft tissue to return the body to normal functioning, improve productivity and promote overall well-being. Types of massage include neuromuscular, myofascial, trigger point and sports.



– Samantha Lemaster, MBA, LAT, ATC, CEAS
Industrial Injury Prevention Specialist



1

IDENTIFY YOUR REASONS FOR GETTING A THERAPEUTIC MASSAGE, FOR EXAMPLE, FEELING ANXIOUS, FREQUENT HEADACHES, JOINT PAIN, SORE MUSCLES OR TROUBLE SLEEPING.

2

ASK A TRAINED PROFESSIONAL WHICH TYPE OF MASSAGE WILL PROVIDE THE GREATEST BENEFIT FOR YOUR CONDITION AND REQUEST A REFERRAL TO A QUALIFIED MASSAGE THERAPIST, IF NEEDED.



3

NOTE HOW YOU FEEL BEFORE AND AFTER MASSAGE. FOR INSTANCE, YOU MAY NOTICE PAIN RELIEF, IMPROVED RANGE OF MOTION, LOWER BLOOD PRESSURE AND/OR BETTER SLEEP QUALITY.



Our Specialists

WorkCare's Industrial Injury Prevention Specialists have training in sports medicine, ergonomics, musculoskeletal assessment, workplace safety and wellness programs. They work onsite and provide virtual consultations in all types of settings to help protect and promote employee health.

Prevention Saves

Employers using WorkCare's Industrial Athlete Program experience 4-to-1 average cost savings with high employee satisfaction ratings and favorable fitness-for-work results.

WorkCare, Inc., is a U.S.-based occupational health, wellness and absence management company. Be Your Best Self! is our periodic injury prevention tip sheet. To learn more: 800.455.6155 • info@workcare.com • www.workcare.com

