

# Coming out of COVID19: Musculoskeletal Health

Musculoskeletal disorders are some of the health conditions causing the biggest impact to workforces across the UK. Implementing the workforce's return to "normal" work needs to be carefully managed.

## Be Physically prepared for work

Our bodies are incredibly adaptable. When we work in a physical job, our body adapts to the specific tasks and physical demands of that job over time. When we have not been doing these tasks, we de-condition to them. Think of a runner taking weeks off training. They'd need to build up slowly when they returned. Running shorter distances first helps the body cope and build up a physical tolerance to running.

This is what workers in all sectors will need to do. Start by preparing your body for the tasks you are going to need to do at work. This may involve increasing your physical activity, spending more time on your feet, or practicing some squatting and lifting.



## Be physically prepared for getting to work

The government are encouraging greener commuting; this means more people will be travelling to work on foot or cycling. Try to build up a tolerance to doing this over time. If you don't normally cycle, and you suddenly start cycling 20 miles to work and back, this may increase your risk of developing a problem. Think ahead to how you are getting to work and start getting fit for it early.





## Continue your daily exercise

The majority of us have been abiding by the lock down rule of getting in our daily exercise. We look forward to getting out of the house for our walk, run or cycle. When you start work it is a good idea to continue to exercise daily, even if the intensity drops slightly at first. Keeping up this good habit will help protect against aches and pains, keeping you fit and healthy both physically and mentally.



## Report any aches and pain early

Seek help for aches and pains early on. The earlier you get the right advice, the better. Leaving problems to worsen before you seek help can mean a much longer recovery. This could also lead to time off work and affect other hobbies that are important to your quality of life.

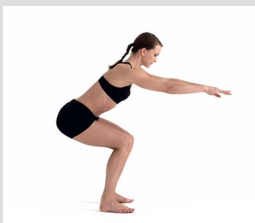
## Be mentally prepared

Preparing yourself mentally can help with the successful transition back into work. Mental Wellness can positively impact on your capacity to cope with change and work, but conversely not managing your mental health and suffering with stress may put you at risk of developing physical aches and pains. Think about moving towards the same routine you will follow at work. This may mean being stricter with yourself and getting to bed earlier.



## Exercise examples for Physical Work

Here are 4 simple exercises to start the process of conditioning you for Physical work:



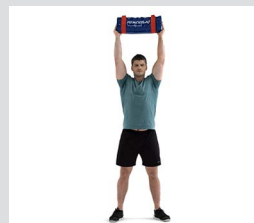
### Squatting or Sit to Stand

A very common movement that we all need in our day to day lives, this will help keep your legs and back strong.



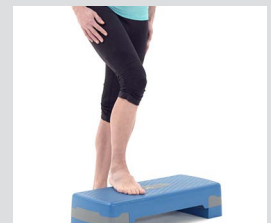
### Lifting floor to waist

Find something around the house and practice lifting from the floor, squatting down, keeping the weight close you to.



### Lifting overhead

Find something you can lift overhead and practice taking it from your waist height to above your head.



### Step ups

This type of movement can help condition for work tasks such as ladders and steps.

Although IPRS Health is a health and wellbeing provider, this information does not represent any form of assessment, diagnosis, or treatment for your injury or condition; these exercises are not specific to your condition. If you follow any advice contained within this information, you do so at your own risk, and IPRS Health has no liability for any consequences of your following the advice provided. If you have a medical condition that may limit your ability to exercise, or have any doubts about your suitability to exercise, please seek advice from your doctor before commencing any exercise programme.