

Strains Build. So Should Prevention.

C L A T E L E K S O L U C S U M E J W K
C E X M W X J W E F A F Y T I L I B O M
N J E T X E J W S T R E T C H C X E L S
N N I A R T S V A G F T R N D E E Y F K
B H A N D L B I J C X O Q G J G C C K S
J U I O N W D N C K B V X F C E Z G R A
M J A I R I T Z F R S X S G I N X Y O T
I S D T U T B X E U E U D N U O J Z W H
Y Z J A Y V D A L J N X G L J I O K N B
L Y U T T F K Z Y F T I E O E T Y Y C N
R X S O P S W Z B X S X A C R I S C I T
I S T R O Z I N X E K J R P M T B I J J
G Y M E S I O T D O N O I T N E V E R P
M Q E C T Y U K M G F B P S U P P O R T
R A N O U S C I M O N O G R E E H W K G
P N T V R F A T I G U E L X Q R F S Z K
D L X E E U A Y F O G U D T I G Y H G R
M V F R E R P Z B S N T X S U O L M M N
I C Y Y R L P R W V D Y D C N H Y F P I
X Z Q S P R A I N E J R Q C O K E B K I

REPETITION

FATIGUE

TASKS

DESIGN

ERGONOMICS

EXERCISE

ROTATION

FORCE

STRAIN

MOBILITY

PREVENTION

STRETCH

WORKFLOW

ADJUSTMENT

POSTURE

SPRAIN

RECOVERY

MUSCULOSKELETAL

MICROBREAKS

SUPPORT