



SHAPE Info

It's time to get into SHAPE!
Editor / Publisher: Gary Ashland

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Staying Fit: The Ultimate Rightsizing

Army / Air Force

-vs-

**Navy / Marine Corps
Basketball Challenge**

On Thursday, 10 Mar 11, at 1530, SHAPE / Navy Wellness will host our thirteen annual SHAPE Basketball Challenge at the UCF Educational Gym.

Encourage all center employees to attend and cheer for your favorite team!

Employees interested in joining a team, contact the respective team lead.

Army / Air Force team leader:
Tony Tolbert

Navy / Marine team leader:
Rick Neff

Army / Air Force

-vs-

**Navy / Marine Corps
Soccer Challenge**

On Thursday, 28 Apr 11, at 1530, SHAPE / Navy Wellness will host our first annual SHAPE Soccer Challenge at the YMCA Blanchard Park. In future, these games will be held in December.

Encourage all center employees to attend and cheer for your favorite team!

Employees interested in joining a team, contact the respective team lead.

Army / Air Force team leader:
Bob Wolfinger

Navy / Marine team leader:
Eric Partney

Go Air / Air Force!!

Go Navy / Marines!!



Fitness Trail Activity Center at the South End of deFlorez
MSGT Blake Staehr completing pull ups as part of his route physical workout.



deFlorez Friends of Fleet Fitness Room
(south end of 1st Floor of deFlorez building)

MSGT Blake Staehr performing chest press.

Photographer: Doug Schaub



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SHAPE / Navy Wellness will offer Seminars in deFlorez Multipurpose Room (room 1103) beginning at 12 (noon):

1 Mar 11 **Successful Weight Loss**

9 Mar 11 **Thrift Savings Plan (TSP) Retirement**

Ergonomics, Workplace Safety, & Injury Prevention

Dr. Adam Boylan, DC, will be our guest speaker for "*Ergonomics, Workplace Safety, & Injury Prevention Seminar*" on 17 Mar 11, 1200-1245, in deFlorez Multipurpose Room (room 1103).

Your present and future ability to continue on with productivity within the workplace is dependent upon the health of your mind and body. Minor traumas such as improper posture, repetitive motions, and other daily demands of work can cause pain and dysfunction that can later develop into major traumas such as chronic back and neck pain. This major trauma resulting from daily micro traumas is termed as cumulative trauma disorder (CTD). One of the most rapidly growing forms of occupational diseases is the cumulative trauma disorder; since 1989, CTDs have been more prevalent than all other occupational diseases combined. Prevention of cumulative trauma disorder starts by recognizing and attending to the cause of the minor traumas by optimizing the workers habits and work station. This focus on adapting the working conditions to the worker is known as ergonomics.

Carpal Tunnel Syndrome The Cause, The Alternative

Dr. Adam Boylan, DC, will be our guest speaker for "*Carpal Tunnel Syndrome The Cause, The Alternative Seminar*" on 20 Apr 11, 1200-1245, in deFlorez Multipurpose Room (room 1103).

Carpal Tunnel syndrome is a multifaceted, prevalent condition that arises from repetitive motions and poor ergonomics. These repetitive motions and poor ergonomics can cause small traumas to the tendons and nerves that run through the carpal bones in the wrist; chronic symptoms of pain and discomfort can occur as a result of this micro trauma. Repetitive motion injuries presently afflict 5 million Americans annually, at a cost of \$27 billion in medical treatment and lost income. Surgery is available for the treatment; however it is costly and does not address the reason why the dysfunction occurred in the first place. Chiropractors are trained in treating musculoskeletal problems like carpal tunnel syndrome and address all levels of the dysfunction. From the cause to the complaint chiropractic care is a safe, alternative, low cost solution to treating the pain from carpal tunnel syndrome and preventing future injury.

How can carpal tunnel syndrome be prevented?

At the workplace, workers can do on-the-job conditioning, perform stretching exercises, take frequent rest breaks, wear splints to keep wrists straight, and use correct

posture and wrist position. Wearing fingerless gloves can help keep hands warm and flexible. Workstations, tools and tool handles, and tasks can be redesigned to enable the worker's wrist to maintain a natural position during work. Jobs can be rotated among workers. Employers can develop programs in ergonomics, the process of adapting workplace conditions and job demands to the capabilities of workers. However, research has not conclusively shown that these workplace changes prevent the occurrence of carpal tunnel syndrome.

For more information on neurological disorders or research programs funded by the National Institute of Neurological Disorders and Stroke, contact the Institute's Brain Resources and Information Network (BRAIN) at: <http://www.ninds.nih.gov> 800-352-9424

NINDS health-related material is provided for information purposes only and does not necessarily represent endorsement by or an official position of the National Institute of Neurological Disorders and Stroke or any other Federal agency. Advice on the treatment or care of an individual patient should be obtained through consultation with a physician who has examined that patient or is familiar with that patient's medical history.

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NOTE: The opinions expressed in these articles in this SHAPE Info are those of the author. They do not necessarily represent those of PEO STRI, AMC, the Department of the Army or the Department of Defense.

It's time to stay in SHAPE!!