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**Tips For Raking:**

Fall is here and the leaves are falling. Here are a few tips to keep yourself safe as you clean up after your trees.

- **Wear layers** - It might be cool outside, but you'll warm up soon enough. Wearing layers will keep you from becoming overheated.
- **Warm up** - Raking is like any other exercise: you have to get ready for it. A few quick stretches will help prevent injury.
- **Keep good posture** - Hold the rake close to your body and keep one hand near the top for better support. Use your arms and legs and keep your back straight.
- **Pace yourself** - Raking is an aerobic activity, so take frequent breaks and drink a lot of water to keep from getting dehydrated.
- When bagging leaves, **lift manageable loads**, even if it means more bags.

# Fall 2009 Newsletter

## Work-Related Injury Risks

When looking at work-related injury risks have you ever considered the relationship between a professional athlete and the desk-bound office worker? Probably not, but you may be surprised at their close relationship.

**First the SIMILARITIES:**

**Repetition:** The professional athlete may be required to run/skate/swim continuously, likewise the office worker must have the stamina to endure sitting in one place for hours while holding the arms in awkward positions (i.e. the mouse).

**Stress:** Whether you are pushing your legs to finish the last mile of a marathon or working late into the night on tomorrow's report, the psychological stress can have negative effects on the body.

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**Working through pain:** the football lineman with a back sprain feels pain the same way an administrative assistant feels a tension headache.

**The obvious DIFFERENCES:**

**Physical Conditioning:** there is no arguing that the professional athlete must be in top physical shape to perform their duties, whereas the computer programmer could land anywhere within a broad spectrum of physical abilities.

**Work Environment :** The professional athlete is blessed with the newest technology and equip-

ment to allow them to excel in training and competition. All too frequently the office worker may have a desk that is too large, chair too short, or poor lighting.

**Awareness:** Most important the athlete is cognizant of their weaknesses and constantly strive for improvement. The office worker on the other hand will be more likely to neglect the importance of taking care of themselves.

**The take home message:**

Do not underestimate the physical demands of the "daily grind". Nagging pains should not be ignored and the importance of overall physical fitness and proper workplace ergonomics should be addressed.

## Acupuncture - How does it Work?

**WHAT IS IT?**

Acupuncture is a method of encouraging the body to promote natural healing and to improve functioning by inserting fine needles into very precise acupuncture points in different areas of the body.

**HOW DOES IT WORK?**

The classical Chinese explanation is that channels of energy run in regular patterns through the body and over its surface. These energy channels, called meridians, are like rivers flowing through the body to irrigate and nourish the tissues. An obstruction in the movement of these energy rivers is like a dam that backs

up in others.

The meridians can be influenced by needling the acupuncture points; the acupuncture needles unblock the obstructions at the dams, and re-establish the regular flow through the meridians. Acupuncture treatments can therefore help the body's internal organs to correct imbalances in their digestion, absorption, and energy production activities, and in the circulation of their energy through the meridians.

The modern scientific explanation is that needling the acupuncture points stimulates the nervous system to release chemicals in the muscles, spinal cord, and brain. (The needles are not directly touching nerves.) These chemicals will either change the experi-

ence of pain, or they will trigger the release of other chemicals and hormones which influence the body's own internal regulating system. The improved energy and biochemical balance produced by acupuncture results in stimulating the body's natural healing abilities, and in promoting physical and emotional well-being.

