























Tulare County Employee Wellness Program Musculoskeletal Health

March 2024



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
|  | <p>SAVE THE DATE</p> <p>April 25th 12:30—1:30pm</p> <p>Health Talk—Bone Health</p> | | | <p>1</p>  |
| <p>4 Article</p> <p>You Work Hard. So Does Your Back.</p> <p></p> | <p>5</p>  | <p>6</p> <p>How Much Do You Know About Bones?</p> <p>Take the Quiz!</p> <p></p> | <p>7</p>  | <p>8 Article</p> <p>7 Tips for Arthritis Pain Management</p> <p></p> |
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7 Tips for Arthritis Pain

Although Arthritis can occur at any age, it's more common as people get older. No matter what type of arthritis you have, there are several approaches you can take to help manage your pain.

- 1) Talk to your doctor.
- 2) Keep a pain journal.
- 3) Add gentle exercise to your routine.
- 4) Manage your weight.
- 5) Try anti-inflammatory foods.
- 6) Use ice and heat.
- 7) Ask for help.



Nail Biting Can Lead To Bruxism

People who bite their fingernails when stressed, chew on a pencil if nervous or clench their jaw during activities such as sports competitions could be at greater risk for bruxism. Bruxism, more commonly known as teeth grinding, is the unintentional grinding or clenching of teeth that may cause facial pain. Bruxers (another name for those who suffer from bruxism) may bite down too hard unconsciously and at inappropriate times, for example, when they are sleeping. The condition is often associated with emotional stress. Read more of this article from Delta Dental about by following the link:

[Nail Biting Can Lead To Bruxism](#)



Navia Benefit Education Resources, Portal Demo and Live Q&A

Join to learn the basics of using the Navia Participant Portal and the Navia Benefits Academy resource website. We will demonstrate how to use the portal to check your balance, submit claims for reimbursement, view claim status, request more debit cards, etc. AND will take you on a tour of our Navia Benefits Academy where you can Learn about all the great features of your benefit plan, watch videos, download benefit guides, and check out helpful tools like our FSA calculator and eligible expense lists. There will be an open session at the end of the demonstration for questions and answers about any of your benefits. Thu, Mar 14, 2024 11:00 AM - 11:30 AM PDT

[Registration\(gotowebinar.com\)](https://gotowebinar.com)



Take The Quiz!

How much do you know about bones? Take this quiz to find out how much you know about bone health, and learn a bit about what you can do to protect your skeleton from head to toe!

[How Much Do You Know About Bones?](#)



What is the Musculoskeletal System?

Your musculoskeletal system includes bones, muscles, tendons, ligaments and soft tissues. They work together to support your body's weight and help you move. Injuries, disease and aging can cause pain, stiffness and other problems with movement and function.

Read more about your Musculoskeletal System here:

[What is the Musculoskeletal System?](#)



VIDEO: Five Great Exercises for Your Joints

Taking care of your joints is important as you age. This video demonstrates 5 great exercises to help keep your joints healthy.

[Five Great Exercises for Your Joints](#)



You Work Hard. So Does Your Back.

Repeating the same motions over and over can strain your back and musculoskeletal system, which is made up of the bones and muscles that help you move! Click the following link for helpful information regarding back injury prevention and strengthening exercises: [You Work Hard. So Does Your Back.](#)



App: Muscles & Kinesiology

Muscles & Kinesiology is a detailed guide to understanding how muscles and bones interact and how common injuries and conditions occur. Explore thousands of 3D models to visualize and learn about musculoskeletal structure, function, movement, and pathologies in this handy pocket reference—perfect for on-the-go practitioners, athletes, yogis, and students.

Access detailed information about any of the thousands of anatomical structures in the app, including in-depth definitions, interactive muscle attachments, bony landmarks, innervation, blood supply, and more.

You can download in the Apple App Store or Google Play.



App: NHS 24 MSK help

In this app you will find:

- Advice on common muscle, back and joint problems
- Exercises and video clips to help you get moving safely
- Self help quizzes to help tailor information for your MSK problem
- Information to help with Work - Working lives information
- Reminders to do your exercises and/or attend any appointments

What are musculoskeletal problems?

MSK is shorthand for Musculoskeletal. Any injury, disease or problem with our muscles, bones or joints is known as a Musculoskeletal disorder (MSD). A broad term covering common injuries such as a sprained ankle and stiff neck through to conditions such as arthritis.



App: Limber Health

Developed by doctors in sports medicine and physical therapy, the Limber Health app provides at-home programs for musculoskeletal health.

After learning more about your goals, get started on an exercise program which focuses on a scientific approach of improving motion and advancing strength.



Musculoskeletal Disorders

Over time, everything wears down due to age and frequent use – coins, tires, furniture, toys, books ... as well as our muscles, bones, and joints.

There's no getting around the fact that as we age, our risk of developing painful musculoskeletal disorders increases. These disorders involve the muscles, bones, and related tissues.

In addition to age, other factors can increase your risk of developing painful orthopedic injuries. These include your family history, occupation, lifestyle, and certain activities – such as lifting heavy weights, repetitive motions, or poor posture.

Frequently Treated Disorders:

- Tendonitis
- Osteoarthritis
- Rheumatoid Arthritis
- Bone Fractures
- Carpal Tunnel Syndrome
- Fibromyalgia

To read more click on the following article link:

[Common Musculoskeletal Disorders](#)



Orthopaedic Associates of Central Maryland Division

PERMANENTE MEDICINE®
The Permanente Medical Group

Kaiser Permanente Health Talks Something in the Air? All About Seasonal Allergies



Join **Andrew Hope, MD, Chief of the Kaiser Permanente Santa Clara Allergy Department**, and learn about

- What are seasonal allergies?
- Treatment options for allergies
- Self-care
- When to see your doctor for your allergies

Date: Thursday, March 28, 2024

Time: 12:30 – 1:30 PM

Location: Microsoft Teams

Register: QR Code or [click here](#)



This is a free webinar made available to employer groups and our Bay Area communities. You do not need to be a Kaiser Permanente member to register. The presentation will be in English.



Recipe of the Month

Spicy Brown Butter Goat Cheese Pasta

INGREDIENTS:

Squash:

4 cups ½-inch cubed butternut squash (from a 2-pound squash)

1 to 2 tablespoons extra virgin olive oil

1 tablespoon honey (or sub pure maple syrup)

½ teaspoon garlic powder

½ teaspoon chili powder

¼ teaspoon cinnamon

¼ teaspoon cayenne pepper

½ teaspoon kosher salt

Freshly ground black pepper

Brown butter and pasta:

4 tablespoons salted butter, cut into 4 equal pieces

10 ounces pasta, such as penne, orecchiette or orzo (gluten free if desired)

4 ounces crumbled goat cheese

½ teaspoon kosher salt, plus more to taste

Freshly ground black pepper

1 cup fresh or frozen, thawed sweet corn

Serving:

6 to 8 large basil leaves, julienned or torn

⅓ cup pickled jalapeños

Extra goat cheese crumbles

Red pepper flakes

Instructions:

- Step 1— Roast the squash: Preheat the oven to 375°F. Line a large baking sheet with parchment paper. Spread squash cubes evenly across the baking sheet and drizzle with olive oil and honey or maple syrup. Sprinkle with garlic powder, chili powder, cinnamon, and cayenne pepper, and generously season with freshly ground salt and pepper. Use your hands to toss together so that the squash is well coated. Bake until squash is fork tender, 30 minutes, tossing the cubes halfway through.
- Step 2— While the squash cooks, fill a large pot with salted water, place over high heat, and bring to a boil. Cook pasta according to package directions, until al dente. Reserve 1 cup of the pasta water and set aside, then drain pasta and return to the pot.
- Step 3— Brown the butter: Add butter to a small saucepan and place over medium heat. Once melted, whisk constantly: the butter will begin to crackle, then foam. After a few minutes, the butter will begin to turn a golden amber color. As soon as the butter turns brown and gives off a nutty aroma, remove the saucepan from the heat and set aside to cool.
- Step 4— Stir the following into the pot of pasta: the brown butter, goat cheese, reserved pasta water, salt, and pepper until the goat cheese has melted and the mixture is creamy. Fold in the roasted butternut squash cubes and corn. Taste and add more salt and pepper if necessary. Add to bowls and garnish with pickled jalapeños, basil, goat cheese crumbles and red pepper flakes, if desired. Enjoy!



ambitious kitchen

Prep time: 15 mins Cook time: 45 mins Total time: 60 mins Serves: 4

Nutrition Facts: 639 calories; Fat 26.9g; Saturated fat 15.1g; Carbs 81.9g; Fiber 6.5g; Sugar 12.2g; Protein 20.7g