Culture of Self Care: Injury Prevention - Resources

MTJ Articles

- **Playful Self-Care for Hands and Wrists**
  - Talks about being mindful of your body and then provides 5 exercises using a small ball to self-message hands and wrists
    - 5 Self-Care Exercises: Hands + Wrists
    - Much shorter introduction but has the same 5 self-care exercises

- **Self-Massage for Knee Pain**
  - Long article that talks about osteoarthritis of the knee, how self-massage helps, and ends with 6 self-care techniques

- **Self-care Tips**
  - Short article that links to different articles on self-care techniques, time management, and a guest handout on practicing meditation

- **Self-Care for Career Longevity**
  - Addresses mental burnout and physical pain and concludes with how to deal with both

- **Self-Care: Listening to Your Body**
  - Elaborates on the benefits of sensory and body awareness

- **Living Well: Self-Care and Marketing Ideas**
  - The second half of this article has suggestions on mental self-care for mts in the “Fire Up Your Commitment” section

- **Self-Care: Using Mindfulness**
  - Long article that begins with starting to be mindful and the associated health benefits. The article concludes with several exercises such as breathing techniques and “planting a mind garden”

- **Living Right: Recharging Your Passion**
  - Discusses mental burnout and how to avoid it

- **Feel the Stretch**
  - Reviews the reasons that service providers need to stretch and then provides 12 different stretches for different muscle groups

- **For the Long Run --- Self-Care**
  - Provides in-depth definitions to different self-care terms such as ergonomics and biomechanics

- **Putting Yourself on the Priority List**
  - Advocates setting a self-care goal for yourself, starting small towards that goal, and being wary of potential obstacles to that goal
Books

- Save Your Hands – Lauriann Green and Richard Goggins
- Mosby’s Stretching Pocket Guide – Sandra Anderson
- Communication & Ethics for Bodywork Practitioners – Sandra Anderson and Patricia M Holland
- Career Longevity: The Bodywork Practitioner’s Guide to Wellness and Body Mechanics – Sandra Anderson and Jeane Freemen
- Chapter 9: Warm-Up and Flexibility. Conditioning for Strength and Human Performance – Duane Knudson