

## NOVEL MOVEMENTS

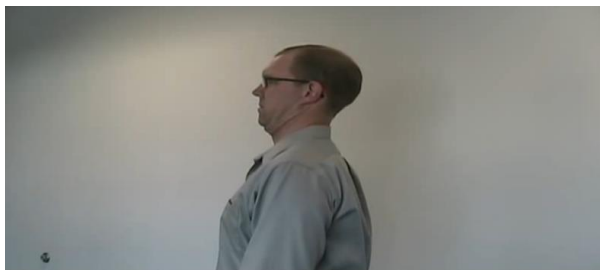
*These are movements that are opportunities to create a “new impression” with the employee’s nervous system by breaking up habitual patterns, and can be very helpful with pain relief.*

- ✓ These are movements that are opportunities to create a “new impression” with the employee’s nervous system by breaking up habitual patterns, and can be very helpful with pain relief.
- ✓ Observation of the job itself is critical in deciding which movements will be “novel” for the employee and his/her specific job tasks
- ✓ The emphasis is on movements, and not a stretch. They should fluid, natural, and unforced—particularly for those who are already symptomatic.
- ✓ Because these are simple movements, they can easily be incorporated into microbreaking or other means of exercises conducted by the employee on the manufacturing floor
- ✓ Check out a wonderful series of Novel Movement YouTube videos created by Cory Blickenstaff, PT, owner of Forward Motion Physical Therapy and WorkWell OnSite Provider:

- i. Wrist & Hand: [http://youtu.be/-hIWgH3\\_ONU](http://youtu.be/-hIWgH3_ONU)

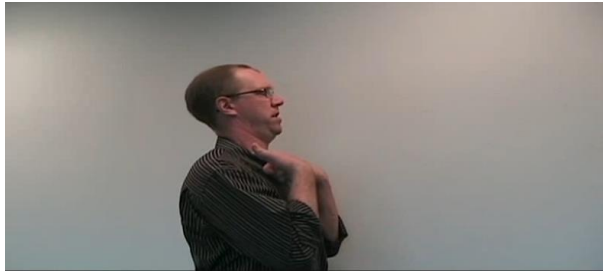


- ii. Neck (part 1): <http://youtu.be/hm0MY9jt9rk>



## NOVEL MOVEMENTS

- iii. Neck (part 2): <http://youtu.be/L1btmf8LsDM>



- iv. Foot & Ankle: <http://youtu.be/iaChIgPFxCo>



- v. Spine in Quadruped: <http://youtu.be/Jn-3eU54vuA>



- vi. Pelvis & Hip: <http://youtu.be/8d9R3ma3D1M>



## NOVEL MOVEMENTS

- vii. Shoulder Girdle: <http://youtu.be/IXj64-Sv16E>

