

BARBER INJURIES & PREVENTION

P.T. MICHELLE TATARSKY

**BARBER DEPOT
2580 S. DECATUR BLVD. STE 1-A/1C
LAS VEGAS NV 89102
WWW.BARBERDEPOTLV.COM**



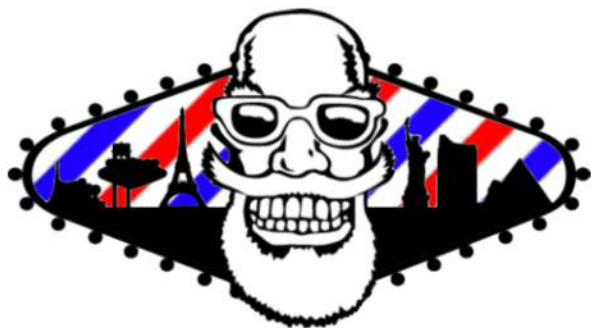
Barbering is an extenuating job, taking care of your health and physical condition is essential to maintain long-lasting career.

This manual is intended to provide basic everyday activities that will keep you in shape and functional during your daily activities, don't take youth for granted!

Some of the most common injuries and conditions attributed to barbering are:

- Low-Back Pain / Sciatica
- Neck Pain
- Carpal tunnel Syndrome
- Epicondylitis
- Tennis Elbow Syndrome
- Cramps / Circulatory Problems in Lower Extremities

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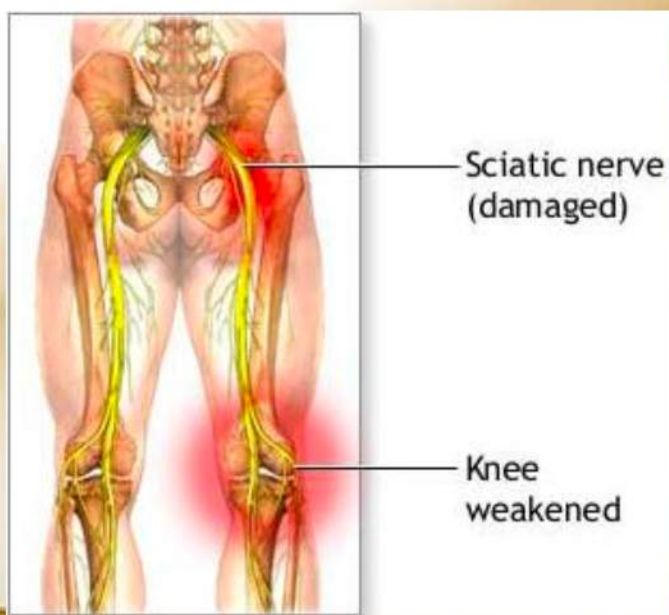


Low-Back Pain / Sciatica

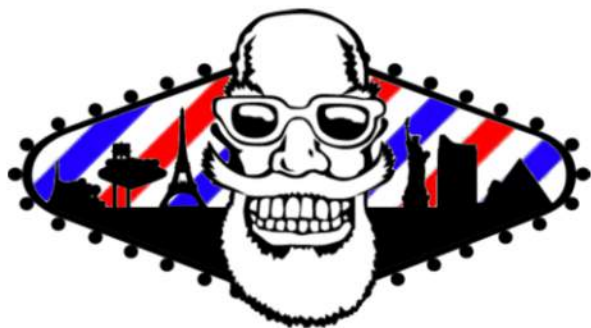
WHAT IT IS: Sciatica refers to pain that radiates along the path of the Sciatic Nerve, which branches from your lower back through your hips and glutes, and down each leg.

WHAT IS THE CAUSE:

- Inclination while shampooing
- Constant turning to reach tools and supplies
- Long-term standing on hard surfaces
- Inappropriate footwear
- Knee locking and hip tilting



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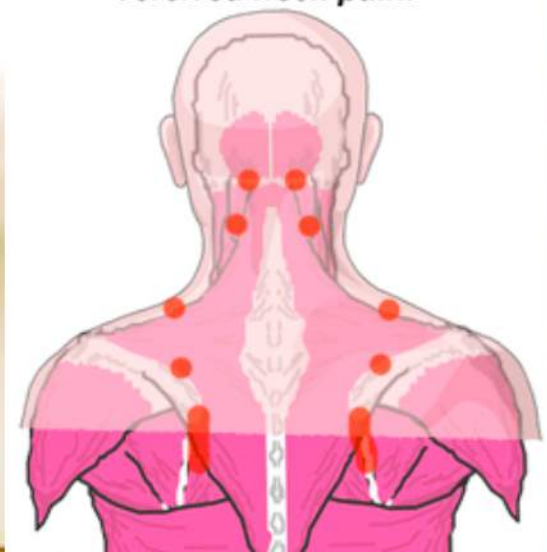
Neck Pain

WHAT IT IS: Pain referred to the neck and cervical area that expands to the head, shoulders and upper extremities, may limit the movement and cause neurological dysfunction.

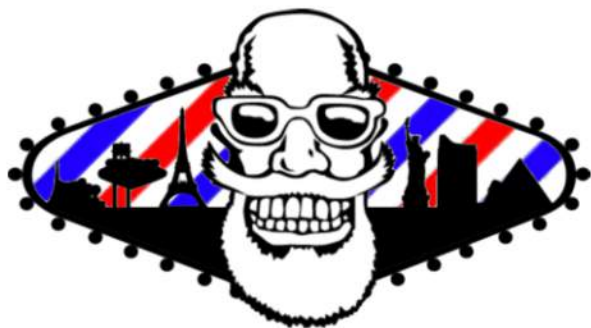
WHAT IS THE CAUSE:

- Cervical flexion during work
- Shoulder elevation for extended time period
- Heavy object lifting

Red Areas are common areas of neck pain and referred neck pain.



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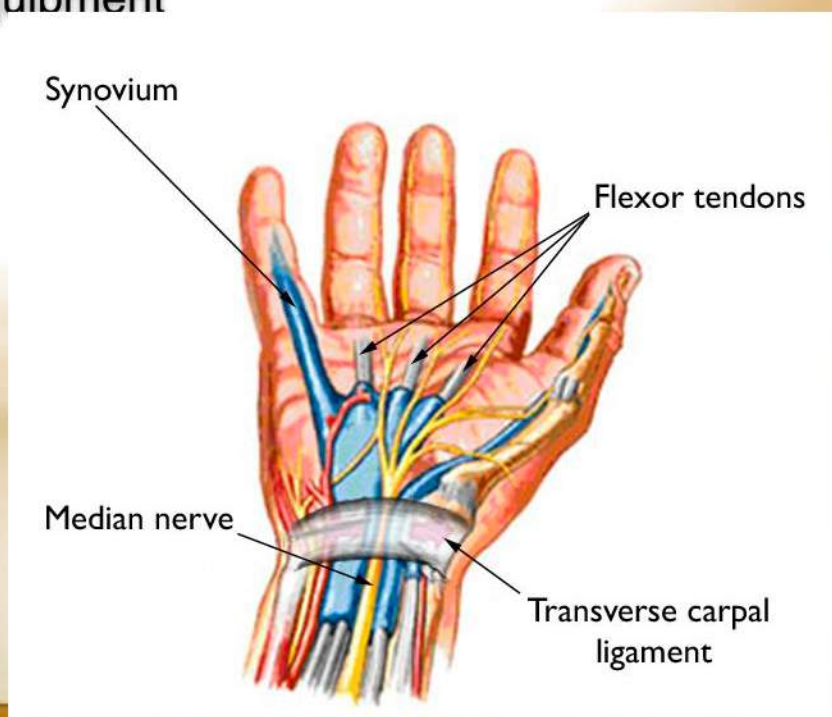


Carpal Tunnel Syndrome

WHAT IT IS: Pain referred due the excessive pressure in the median nerve, being this nerve the one providing sensibility and movement to the thumb, index, middle and part of the ring finger. Some symptoms are: tingling, weakness, numbness and mobility loss.

WHAT IS THE CAUSE:

- Poor hand position
- Excessive hand grip on tools
- Use of inappropriate equipment for the position of the hand (shears)
- Twists and tilt of the wrist while cutting or combing
- Heavy equipment



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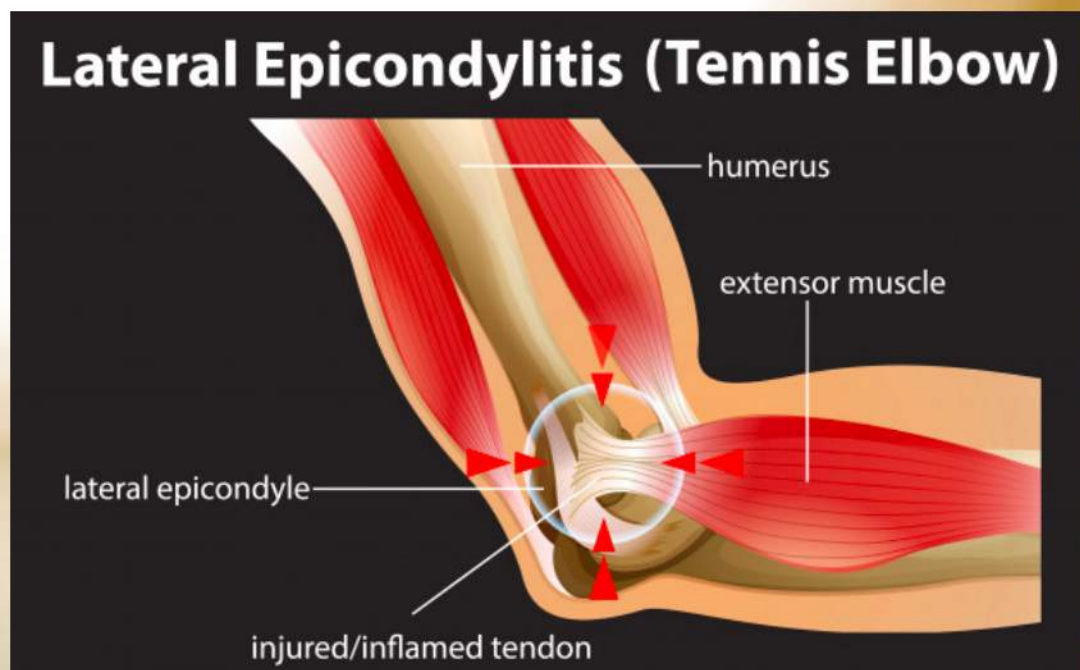
Epicondylitis & Tennis Elbow Syndrome

WHAT IT IS: Inflammation of the epicondyle tendon in the elbow area that joins the muscles of the hand and forearm.

tennis elbow refers to the same type of inflammation but on the inner side of the elbow.

WHAT IS THE CAUSE:

- Inadequate hand movements (ex. While blow-drying or combing)
- Excessive hand grip on tools
- Heavy equipment



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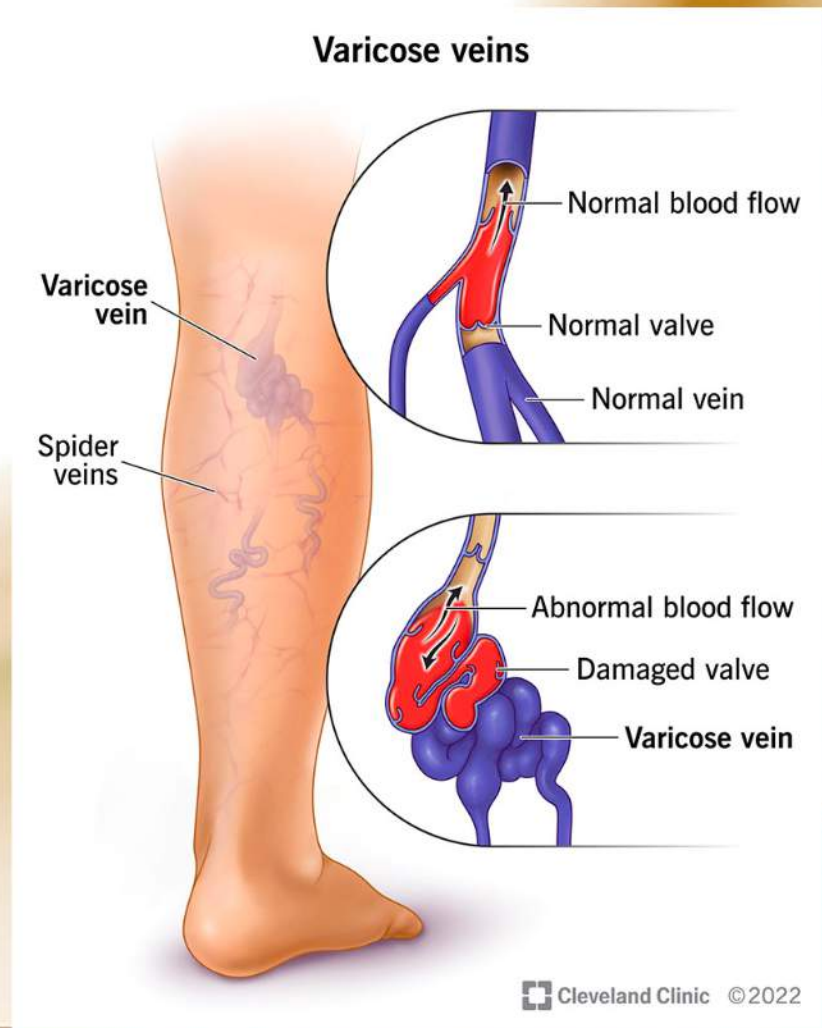


Cramps / Circulatory Problems in Lower Extremities

WHAT IT IS: Refers to the swelling and pain of the lower extremities due to low blood flow

WHAT IS THE CAUSE:

- Poor hydration
- Standing for long-term period
- Inadequate foot ware and suitable socks
- Overweight



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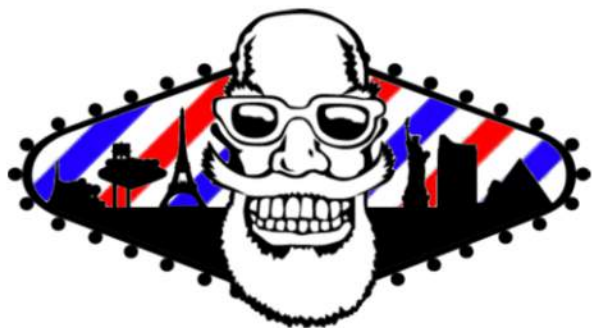


PREVENTION

The tips to avoid injuries and maintain a correct posture during work are described below.

- **Keep your back in a straight position most of the time**
- **Maintain a semi-flexed position on the knees**
- **Tight the abdomen and bend one knee while lining**
- **Adjust chair height based on client height positions the head below shoulder height**
- **Place the client in positions where the barber avoids constant bending over to cut, or perform the cut in a sitting position.**
- **Change position constantly to promote circulation in extremities**
- **Wear wide shoes avoiding pressure on the toes**
- **Carry out a stretching routine several times during the workday**
- **Use a rest mat to avoid pressure generated by hard surfaces**
- **Use compression socks**

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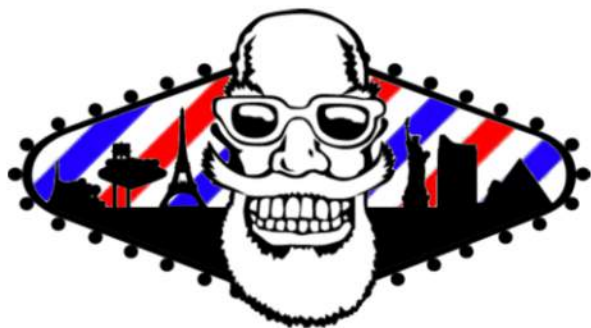
Daily Stretching Routine



15 Reps / Side

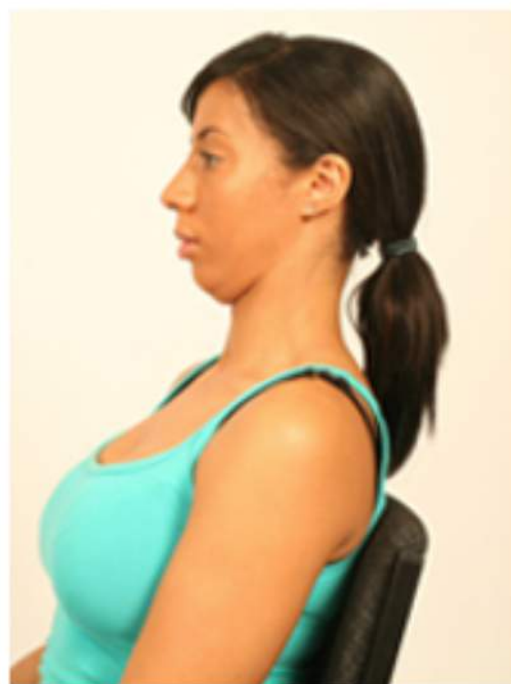
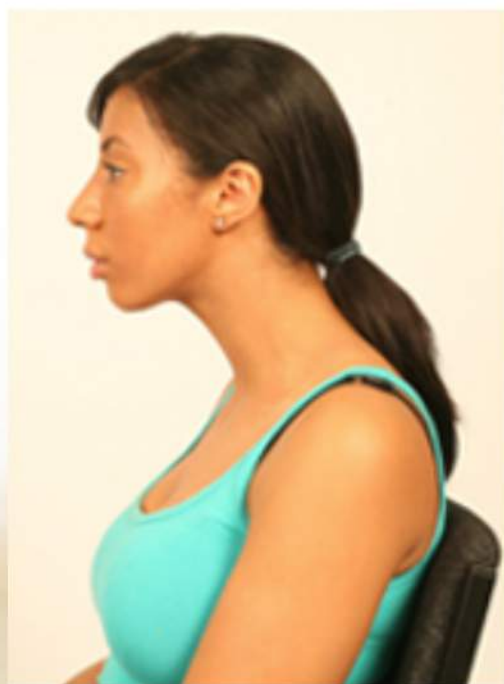


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Daily Stretching Routine

5 Sec
10 Reps



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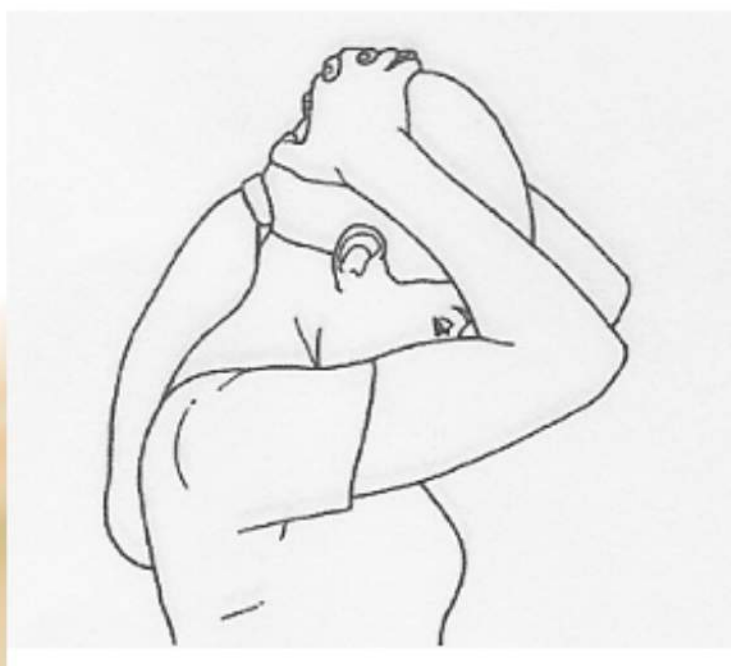


Daily Stretching Routine

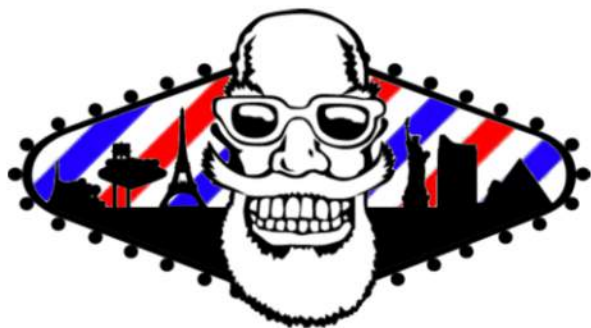
15 Sec
10 Reps



15 Sec
10 Reps



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Daily Stretching Routine

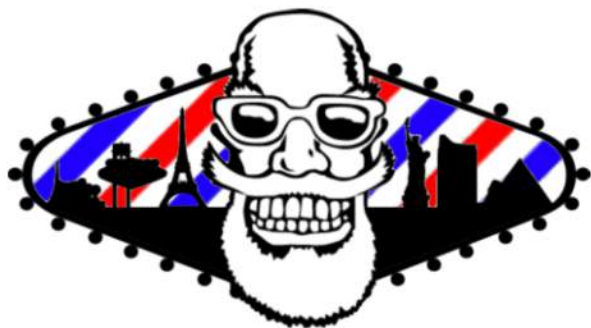
15 Sec
10 Reps

5 Sec
5 Reps Each



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Daily Stretching Routine

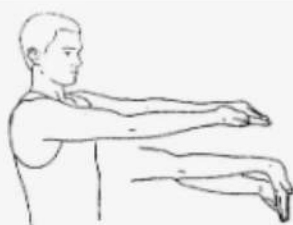


20 Rep P/Side

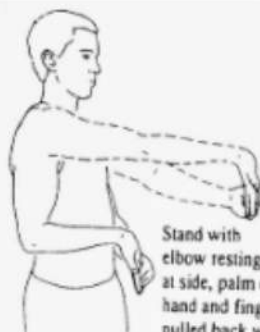
BLOG
MOSTKOFF



Stand with elbow resting at side, palm up. Use opposite hand to pull hand back, fingers relaxed.



Stand with arm in front of body, palm up. Use opposite hand to pull hand and fingers back.



Stand with elbow resting at side, palm out. Hand and fingers pulled back with opposite hand. Keeping hand at fingers pulled back, straighten elbow.

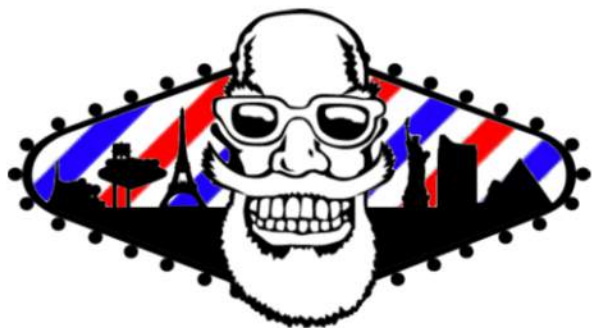
Stand with elbow resting at side, palm out, index finger and wrist pulled back with opposite hand. Keeping index finger and wrist pulled back, straighten elbow. Repeat with each finger.



Elbows at 90° angle and arms at shoulder level, hands and fingers pulled back, palms up. Alternate pressing hands toward ceiling.

10 Sec
5 Rep

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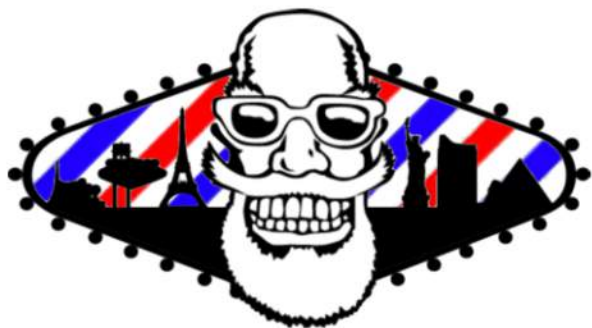


10 Sec
5 Rep E/Leg

10 Sec
5 Rep E/Leg



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Daily Stretching Routine



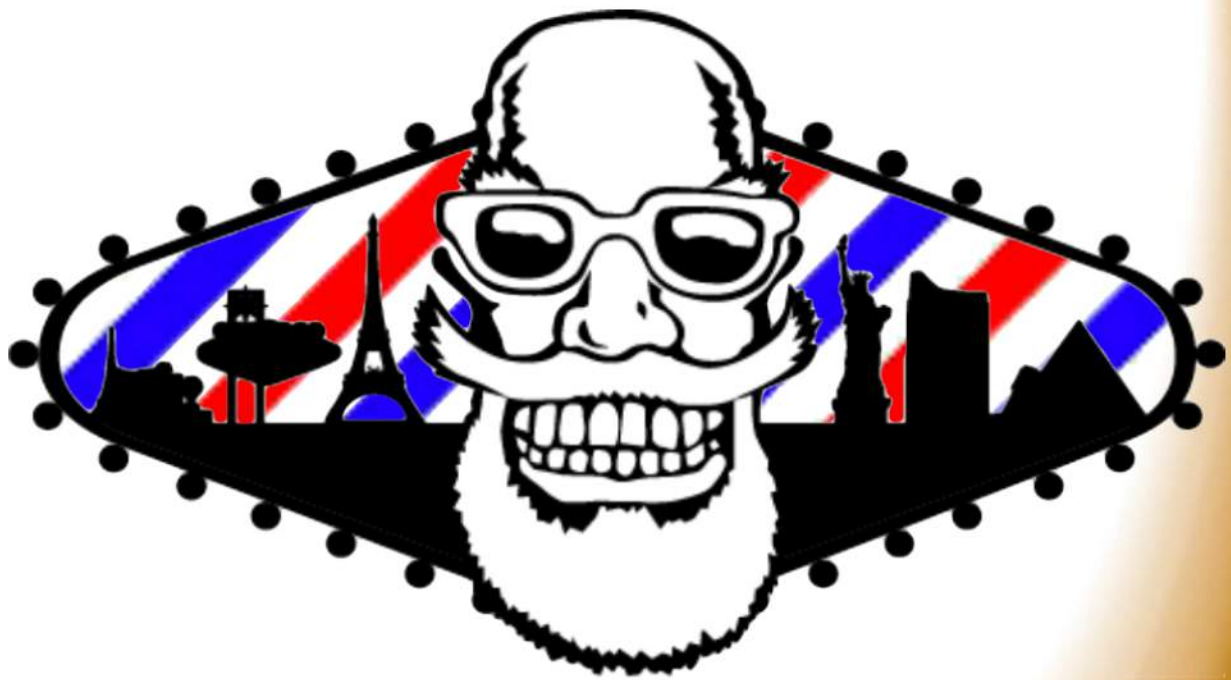
10 Sec
5 Rep E/Leg

10 Sec
5 Rep E/Leg
Bend Over While Holding



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THANKS!

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