

MoveWell

The Pain-Free Corporate Solution

PROVEN MOVEMENT-BASED SOLUTION FOR MUSCULOSKELETAL PAIN/INJURY

The Mission

To design and implement corporate solutions for musculoskeletal pain in order to facilitate:

- Decreased employee absenteeism
- Decreased workers compensation claims
- Decreased utilization of health care benefits
- Rapid recovery from injury
- Safe and effective work stations
- Injury prevention solutions

The Musculoskeletal Problem

- \$1 of every \$2 of Worker’s Compensation costs are spent on occupational musculoskeletal disorders (MSD’s).
- Employers pay \$15-20 billion per year in Worker’s Compensation costs for lost workdays.
- Mean costs per case of upper extremity MSD are \$8,070 versus a mean cost of \$4,075 per case for all types of work related injury.
- Worker’s Compensation claims per injury equal \$29,000-\$32,000 per year.
- Medical bills for the average shoulder injury (excluding surgery) are \$20,000 per year.
- Medical expenses and Worker’s Compensation costs from work-related MSD’s are increasing 2.5 times faster than benefit costs.

The Solution

The most effective solutions are those that:

- Are available during work hours at the work place.
- Educate the individual on the nature of dysfunction and the pro-active solution
- Have a proven track record for efficiency and effectiveness
- Do not require a change of clothes
- Do not require expensive equipment
- Respect the body’s design
- Are backed by the MIHP Think Tank and 40+ years of combined clinical experience in the treatment of musculoskeletal disorders

Programs and Services

PROGRAM	DESCRIPTION	TIME	IMPACT (per MTS)
Quick Fix	1-hour seminar	1 hour	Unlimited
Movement Screen	6-station movement screening with Daily Dozen handout and prescription	5-minutes	12-15/hour
One-on-One Consultation	Consultation 10-point screening with opportunity for more specific solutions.	15-minutes	4/hour

MoveWell Implementation (Common Scenarios)

- MoveWell Kick-Off Event (3 hours) - 1-hour seminar followed by screenings and instruction in the Daily Dozen
- MoveWell Quick Fix Seminars followed by 5-Minute Screenings
- MoveWell 5-Minute Screenings incorporated into yearly or bi-yearly biometric screenings
- Monthly 15-minute consultation time slots available to employees (MTS on-site)
- Quarterly Quick-Fix Seminars and 15-minute Consultations

MoveWell Consulting Services

- Ergonomics and facility evaluation
- Staff education
- Health-care cost containment strategies for:
 - lower back pain
 - carpal tunnel syndrome
 - shoulder pain
 - knee pain
- Surveys for injury tracking
- Safe and effective work stations

Contact

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