

## Utilizing Wearable Sensor Technology and Customized Wellness Plans to Reduce Work-Related Injuries and Improve Employee Health



### Challenge

An industry-leading guide dog school was experiencing a troubling trend of work-related musculoskeletal injuries shortening the length of their trainers' careers. This was particularly troubling because not only was the company struggling to retain trainers longer than five years, but also losing significant money due to the costly nature of training new team members. The company knew they needed to address this issue but wasn't sure where to start.

### Solution

With the support of company management, a Briotix Health Industrial Sports Medicine Professional (ISMP) designed a customized worker health program with goals of retaining employees and optimizing trainer performance. The comprehensive program included wearable technology evaluations, personalized wellness, and one-on-one job coaching.

**1** The ISMP began the program roll-out with individual wearable sensor evaluations of the trainers. Additionally, each trainer completed a functional movement screening on their overall level of fitness. Knowing the trainer's fitness level was key to designing a personalized wellness plan that would optimize their work performance and reduce the risk of injury.

**2** Next, the ISMP designed customized, holistic wellness plans that included a cardiovascular conditioning component and a movement/strength practice. The recommended exercises were based on the areas of greatest need for each individual trainer. The plans required the minimum effective dose of exercise to ensure trainers were not overtraining at risk of injury.

**3** The ISMP also worked with each individual trainer in one-on-one job coaching sessions. During these trainings, the ISMP assessed the work environment and the essential functions of the job. Then he delivered recommendations to the trainer on how to best reduce the risk of injury given their current functional capabilities.

### Results

Over the six-week program, participants experienced a significant increase in their functional movement. An increase in functional movement is directly related to a decreased risk of musculoskeletal injury.

