

**CASE STUDY:**

# Reduce MSD Injuries

Canadian Beverage Distributor Cuts  
Workplace Injuries by 79%



After witnessing the success of the Briotix Industrial Sports Medicine™ (ISM) program at multiple locations across the United States, a global beverage producer expanded the program to its Canadian facilities. Since implementation, the initiative has significantly reduced musculoskeletal disorder (MSD) injuries, yielding dramatic results.

## Briotix Health Solution

Like many fast-paced distribution and warehouse environments, this Ontario, Canada, facility reported high rates of back and lower arm injuries, leading to lost workdays. Following a thorough review of injury data, Briotix Health implemented targeted components of its ISM program to address the most pressing concerns. Leveraging experience from existing programs at other client locations, Briotix Health providers swiftly deployed a comprehensive strategy, focusing on the highest-risk individuals.

### Personalized Body Mechanics

A customized body mechanics focused job coaching program known as **PRO Moves**, was designed to reduce risk and enhance performance.

### Early Discomfort Care & Management

Addressing discomfort at an early stage was crucial in preventing long-term injuries and minimizing workplace disruptions. The early intervention program emphasized early reporting and management of discomfort, before it escalated, reducing both costs and lost workdays.

### Real Time Assessments & Coaching

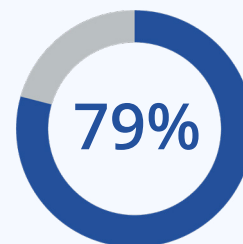
By engaging directly with employees who are on the floor working, we were able to offer personalized guidance and involve employees in the ergonomic assessment process. Both fostered a proactive approach to workplace wellness and supported broader company health initiatives.

By integrating these proactive strategies, the company successfully enhanced workplace safety and reduced injuries while improving employee well-being.



High rate of MSD injuries  
and days away from work

ISM solutions implemented  
across two shifts



Reduction in  
MSD injuries



Increased  
Employee Health  
and Wellness  
Interactions by 37%