

# INDUSTRIAL SPORTS MEDICINE™



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# INDUSTRIAL SPORTS MEDICINE™

*Preventing musculoskeletal injuries and restoring workforce health through the care of your Working Athletes™ and tailored workplace solutions.*

Briotix Health's Industrial Sports Medicine™ solutions are proven effective in reducing incidence and costs of musculoskeletal injuries and disorders that are related to occupational risk factors as well as personal musculoskeletal health risks. Our services are delivered onsite and virtually/telephonically through trained Industrial Sports Medicine Professionals with advanced degrees in physical therapy, athletic training, kinesiology, and/or occupational therapy as well as extensive training in Briotix Health tools, systems, and engagement activities. Our solutions identify and control job-related and personal health risks your employees experience, and in so doing reduce the risk of injury and disability.

## OUR PROVIDERS

Our Industrial Sports Medicine Professionals are the experts you need to stop musculoskeletal discomfort progression in its tracks. The quality of our providers set us apart. They are relationship builders and technical experts with the human touch who get to know the unique aspects of work tasks and the workers themselves. They are supported with ongoing training and mentoring.

Our providers are experts in job function, technical task analysis, and have a comprehensive understanding of functional body movements and discomforts. We know the work and we know the worker. This ensures we are delivering the best results for employees and employers.



## OUR PROVEN APPROACH

### KNOW THE WORK, KNOW THE WORKER

Critical elements in reducing musculoskeletal injuries in the workplace must include the identification and management of both workplace risks as well as the employees' personal health risks. Briotix Health Industrial Sports Medicine™ accomplishes this through the application of our PRO Systems™ and ergonomics. The PRO Systems™, our unique and proprietary four-step service suite, includes the early reporting and care for employee discomforts as well as mechanisms to help our professionals build relationships with your employees. Our professionals are also trained in identifying and reducing ergonomic issues. With these systems in place, day to day difficulties and discomforts are significantly less likely to progress into costly injuries, recordables, and claims. Our Industrial Sports Medicine Professionals are the point of contact for all aspects of these program elements.



# PRO Systems™

## PRO Health™

### Early Discomfort Detection and Care

- Discomfort/injury screening, care, and management
- Basic anatomy education
- OSHA first aid care - blister, wound, contusions, etc.
- Hands-on care such as taping, supporting, and massage
- Physical conditioning
- Injury recovery plan
- Follow up care
- Employee resources for self care
- Telephonic consultations

## PRO Fit™

### Job-Specific Physical Conditioning

Briotix Health delivers education and training on dynamic and static stretching, conditioning, and strengthening for individual job tasks. Employees learn how to improve their job performance through these personalized programs. Our providers also lead pre and post work group warm-ups and stretching.



## PRO Learn™

### Curriculum Based Training and Education

Our providers work with company management to deliver injury prevention and health-based education as determined by the distinctive needs of your Working Athletes™.

All trainings are uniquely developed to fit your company's culture.

### Examples include:

- Health Topic of the Month handouts
- Human anatomy/physiology basics
- Injury description, cause, and prevention education
- Chronic condition information



## PRO Moves™

### Systematized Body Mechanics

After observing specific job tasks, our providers work with employees in one-on-one body mechanic coaching sessions on the proper positioning and posture needed to safely, effectively, and efficiently complete job tasks.

These individual sessions have significant impact on reducing the risk of injury while improving performance.

# WORKPLACE ERGONOMICS



Our industrial ergonomic services are designed to identify risks associated with job and job tasks, deliver objective measures of that risk, and provide risk reduction recommendations.

Our providers will get to know your work and the ergonomic risk associated with specific tasks. They will engage in personalized ergonomic and biomechanics education, customized for the unique needs of the employee and the tasks associated with his or her position.

Our approach is more than just an ergonomic assessment; our providers also deliver one-on-one coaching and intervention that focuses on immediate and long-term risk reduction to decrease the chance of injury and optimize employee performance.

## Examples of Industrial Ergonomic Services Include:

- Ergonomic Risk Assessments
- Establish and Lead Ergonomics Team
- Site Walk-Throughs
- Incident Investigation
- Tool Selection Assessments
- Ergonomic and Body Mechanics



## ISM ADD ONS, VARIATIONS, AND ADAPTATIONS

Briotix Health offers a broad mix of services that can be blended with an onsite Industrial Sports Medicine™ program or serve as stand-alone solutions that our clients face. Some examples of these services are listed below. If your organization is interested in additional adaptations or variations please contact your Solutions Advisor.

### PHYSICAL DEMANDS ANALYSIS (PDA) AND TECHNICAL CONSULTING

Our ISM engagements often uncover client needs requiring technical expertise delivered alongside those services delivered by our ISMPs. Our Innovations and Consulting Team can provide additional program and technical support in the form of PDAs, wearable sensor/exoskeleton consultations and programs, and other technical ergonomic services to supplement the benefits of your ISM Program.

### ONSITE PHYSICAL THERAPY

Briotix Health can place a licensed Physical Therapist onsite to deliver post-claim physical therapy treatment. Because the treatment is delivered onsite, the scope of care is completely functional. This focus on function accelerates recovery, reduces days to discharge, reduces the number of visits required, and saves money while improving outcomes.

### ONSITE DISABILITY MANAGEMENT AND RETURN TO WORK

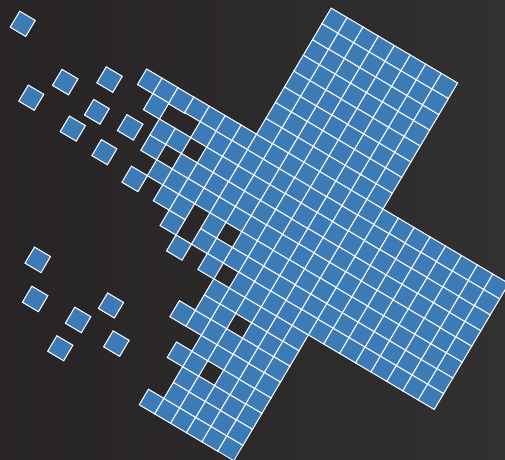
Briotix Health combines all return to work program elements (e.g. return to work job coaching, accommodations consulting, graduated return to work programs) through a dedicated Briotix Health team member embedded at your site(s). By incorporating the full suite of Briotix Health Return to Work services through an embedded onsite provider, we partner with you and your team to proactively develop and manage effective processes to help employees get back to work sooner from disability.

### BTE™ POST OFFER EMPLOYMENT TESTING (POET)

Briotix Health ensures your job candidates can perform the physical requirements of their job tasks safeguarding companies from hiring their next injury. POET is tailored to the specific needs of your company and includes the essential functions and tasks measured in the physical demands analysis.

### SAFE PATIENT HANDLING AND MOBILITY (SPHM)

At Briotix Health, our SPHM solutions have a proven record of reducing the risk of injury and improving employee health. Our SPHM services also facilitate early patient mobility, improving clinical outcomes. Our program is designed to address the risks associated with safe patient handling, patient care ergonomics, industrial ergonomics, and office ergonomics to maximize risk reduction while ensuring compliance with OSHA and industry regulations.



## CARING FOR YOUR WORKFORCE AND BUILDING A HEALTHIER WORKPLACE

Serving clients throughout the US and  
internationally for more than 20 years

# CONTACT US TODAY

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