

PREVENTION

PERFORMANCE

ENHANCEMENT

ABOUT US

Physical work is demanding. Risk of bodily injury lurks behind every task performed. We help you and your employees identify and mitigate those risks. But an ergonomics program is only half of a good injury prevention plan. We work together with individual "Industrial Athletes" to take responsibility of their own personal well-being.



PHILOSOPHY

Industrial athletes are those individuals performing physical activity to earn a living. They must adapt to the rigors of their work with a focus on both injury prevention and performance enhancement. Should discomfort arise, their goal is return to performance.

Sports Medicine uses a multi-faceted approach to help athletes avoid and recover from injuries. Athletes are educated in injury prevention and provided skills based conditioning programs. Should an injury occur, professionals are immediately available for early intervention and guided return to activity.



MORE SOLUTIONS TO FIT YOUR NEEDS

OFFICE ERGONOMIC ASSESSMENTS

ERGONOMICS

After observing an office worker's workstation layout and personal behaviors, we identify the individual's unique injury risks and provide personalized solutions to help mitigate those risks.



HEALTH & WELLNESS COACHING & FMS®

HEALTH & WELLNESS CONSULTING

We act as subject matter experts for personal health and wellness questions. We can develop a conditioning program customized to match the individual's work.

Each of our Injury Prevention Specialists is trained in the delivery and interpretation of FMS®.

DIETICIAN

HEALTH & WELLNESS CONSULTING

We provide private consultation with a Registered Dietician to help manage weight and health concerns.



ANALYSIS & REPORTING

HEALTH & WELLNESS CONSULTING

We review your regular activity to identify leading indicators, trends and share best practices and learnings across your organization.

INJURY TRIAGE

OHS SUPPORT

In coordination with Occupational Health, we consult with an injured employee to determine the nature and severity of an injury or illness.



JOB REINTEGRATION

OHS SUPPORT

When an industrial athlete is returning full duty, we coordinate a controlled environment for that individual to perform job tasks that are difficult to mimic in the clinic. We also act as a subject matter expert for any questions or concerns.



SERVICE PLANS

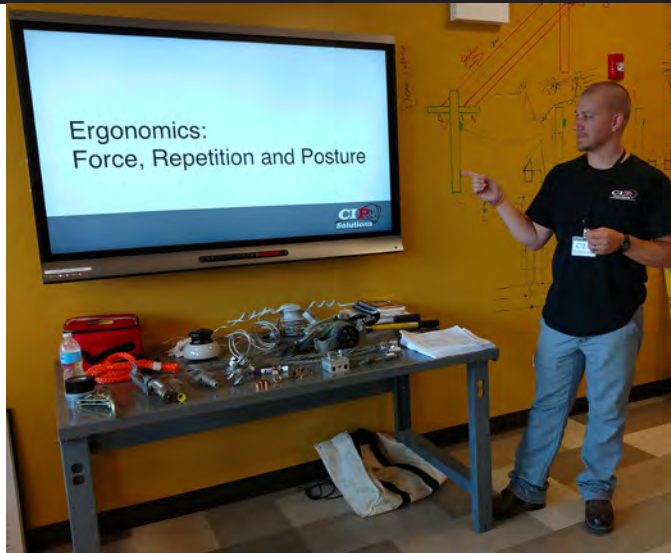
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INJURY PREVENTION TRAINING

We visit your crews to deliver live injury prevention education. Each module contains specific learning objectives and implementation solutions tailored to your industrial athletes' tasks and risks. Information provided is sourced from the latest concepts and research.



FIELD ERGONOMICS

We visit your job site to perform a behavior based review of a job's biomechanics. Focusing on the positions and behaviors, we identify both the positive and adverse observations. At the end of the visit, we provide immediate feedback to your crew where we encourage continuing safe behavior, and coach how to mitigate at risk behaviors.



SCAN THIS CODE TO SEE US IN ACTION!

PREVENTION FOCUSED FOR 20 YEARS



WAYNE WURTZ
Owner, President



JEREMY VERRILLO
Partner, VP Operations



KELLY UNRUH
Partner, VP Quality Assurance