

CORPORATE WELLNESS

Bower Chiropractic and Wellness



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and Wellness

Musculoskeletal Disorders

- ▣ Musculoskeletal Disorders (MSDs) account for:
- ▣ 33% of workplace injury and illness cases
- ▣ 1/3 of all days-away-from-work cases
- ▣ Require an average of 11 days to recover compared to 8 days on average for other injuries

Kobayashi, R. E. (2015). Workplace Wellness and On-site Chiropractic Services: Is There a Chiropractor in the House?



Conditions Treated by Chiropractic Care

- ▣ Back pain, neck pain
- ▣ Headaches, migraines
- ▣ Neuropathy
- ▣ Carpal Tunnel Syndrome
- ▣ Cervico-brachial Conditions
- ▣ Intersegmental Joint Dysfunction
- ▣ Myalgia, arthralgia
- ▣ Many more...



Chiropractic Care and Impact on Health Care Costs

- ▣ \$100 billion annual cost for back pain
- ▣ 2nd leading cause of doctor visits and/or hospitalizations

With Chiropractic care:

- ▣ Fewer back surgery, hospitalizations
- ▣ Lower utilization of imaging (radiographs, MRI)
- ▣ ****Lower *OVERALL* annual health care expenditure**

***Legorreta AP, Metz RD, Nelson CF, Ray S, Chernicoff HO, Dinubile NA. Comparative analysis of individuals with and without chiropractic coverage: patient characteristics, utilization, and costs. Arch Intern Med. 2004 Oct 11*



Benefits of On-Location Services

- ▣ Lower radiology services overall compared to off-site
- ▣ Lower outpatient and emergency department utilization
- ▣ *“Compared with off-site care, on-site chiropractic services are associated with lower health care utilization. These results support the value of chiropractic services offered at on-site health centers.”*

Kindermann SL, Hou Q, Miller RM. Impact of chiropractic services at an on-site health center. J Occup Environ Med. 2014 Sep



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Why Corporate Wellness?

- ▣ Availability (on-site vs off-site)
- ▣ First hand evaluation of workplace ergonomics and repetitive motions
- ▣ Employees can remain on-location, do not have to submit for time off to visit outside office
- ▣ Higher utilization of conservative care through Chiropractic care



What to expect...

- ▣ Brief history of complaint
- ▣ Examination of area of complaint
- ▣ Spinal and extremity adjusting
- ▣ Soft tissue treatments
- ▣ Case History Documentation
- ▣ ~10 minutes per visit

*Initial visit may require more time in order to properly evaluate patient case history



How to prepare...

- ▣ Submit intake paperwork ahead of initial visit so that it can be reviewed by the doctor
- ▣ Review the available times and find a time that can work for the employer and the employee
- ▣ Prepare a small room or conference room for treatments (see requirements below)

*Requirements: Must have a door and blinds for privacy. Must have enough space for a chiropractic table and 1 chair. Equipment will be removed after each visit.



Additional Benefits: Patient Education

□ Info Cards

HEALTH-FIT
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Workstation Micro-Breaks

These micro-break stretches and movement patterns are designed to break the cycle of stress the body endures during prolonged sitting at your workstation. These should be performed every 30 minutes to break that cycle of over-use stress with the goal of preventing pain and injury.

**** NOTE: If you have had any recent health problems, injury, surgery, or if any of these actions cause you any pain, consult a health professional before starting this program.**

Neck Stretches

NECK STRETCH 1:

1. Look slightly to the left and reach the right arm across your head.
2. Sit up tall, and slightly pull your head so that you bring your ear closer to the shoulder.
3. Make sure not to stretch too aggressively. Hold (stretch) for 15 seconds. Perform on both sides 2x.

NECK STRETCH 2:

1. Look down to your right shoulder.
2. Reach over to the posterior left side of your head with your right arm.
3. Apply downward pressure in that direction until you feel a good stretch.
4. Hold (stretch) for 15 seconds. Perform on both sides 2x.

Posture Reset Drill

1. Place hands in front of forehead with palms facing out. Take a deep breath in.
2. Pull elbows toward back pockets while rotating palms out.
3. Slowly exhale while squaring shoulder blades together and drawing head back.
4. Once you have fully exhaled, hold for 10-15 seconds. Repeat for 2 repetitions.

Standing Back Extensions

1. Place your hands on your hips.
2. Gently lean back.
3. Hold for 10-15 seconds. You should feel a mild pulling sensation. If you experience discomfort, then perform the stretch more gently or go back to the previous step.

Standing Hamstring stretch

1. Place your heel on the ground in front of you with knee straight and toes pulled towards your shin. You may wish to stand next to something for balance.
2. Keep your back straight, look up at the ceiling, and bend forward at your hips.
3. Hold for 10-15 seconds. You should feel a mild pulling sensation. If you experience discomfort, then perform the stretch more gently or with your foot on the floor.

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Carpal Tunnel Prevention

Many computer workers complain of wrist pain from typing excessively. Is that pain Carpal Tunnel or is it possible something else? Unfortunately, many cases of the wrist and forearm pain are actually diagnosed as Carpal Tunnel Syndrome (CTS) without truly examining all possible causes of the pain. CTS must be distinguished from Pronator Teres Syndrome for a positive resolution to occur. Both syndromes cause similar pain but must be treated differently to achieve the desired results.

Pronator Teres Syndrome describes a condition where the Pronator Teres muscle in the forearm becomes over-used, and scar tissue, adhesions, or muscular restrictions entrap the Median Nerve, causing forearm, wrist and hand symptoms like CTS. These stretches will help prevent both conditions.

Perform each stretch for two sets and 15-second holds on each arm.

Wrist Pronator Stretch

- Begin standing with your arm straightened in front of you at chest level, palm facing down.
- Flex arm and stretch fingers down and back with opposite hand.
- Straighten arm while keeping tension on fingers.
- Rotate arm by twisting fingers inward.

Wrist Pronator Stretch

- Flex arm with palm up like holding a tray.
- Reach through with opposite hand and stretch last two fingers down.

Thumb Flexor Stretch

- Flex the arm.
- Extend wrist back, allowing fingers to curl inward.
- Stretch thumb back toward the arm.

Disclaimer: There are other conditions that can affect the wrist, forearm and elbow and if you are having pain, we recommend seeking evaluation by your physician before performing these stretches. These are a method of prevention, not treatment for your condition.

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Body Preparation and Positioning

STERNIUM UP

Keeping the sternum up automatically sets the body into good posture and maintains.

Neutral Spine: Maintaining good spinal alignment decreases the stress placed on the spine and discs.

Hip Hinging: Bending at the hips, and not the low back, decreases the stress placed on the low back and increases strength & power.

POWER ZONE

The zone that will optimize lifting strength and injury reduction.

Bend your elbows at a 90-degree angle and you are in the "Primary Power Zone". The area up to the shoulders and down to the hips is acceptable.

The more you can work in the "power zone" the less fatigue on your body.

ABDOMINAL BRACING

When all of your core muscles work together, a "Super Stiffness" occurs, and all 3 layers of the abdominal wall are activated to protect and stabilize the spine and discs.

Without bending forward, contract the abdominal muscles (like you are about to get punched in your gut - feel them tighten with one hand) and the buttock muscles (as if you are holding in a bowel movement). You will feel the lower back muscles contract (with the other hand) when you contract your abs and glutes.



Contact Information

- ▣ If you have any questions or would like to schedule a meeting, feel free to reach out to *Bower Chiropractic and Wellness*:
- ▣ Phone: (515) 207-2748
- ▣ Email: frontdesk@ankenyiachiro.com
- ▣ Website: ankenyiachiro.com

