# CORPORATE WELLNESS

Bower Chiropractic 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
- 2<sup>nd</sup> 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

<sup>\*\*</sup>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



### 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.

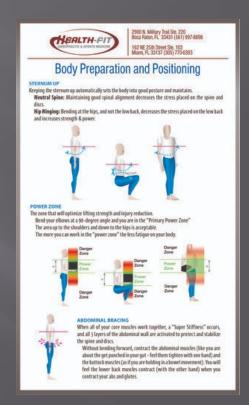


### Additional Benefits: Patient Education

#### Info Cards









#### **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
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- Website: ankenyiachiro.com

