



Momentum Physical Therapy *Corporate Wellness Solutions*

In 1999, a National Academy of Sciences study found musculoskeletal disorders an important national health problem with more than 1,000,000 workers missing time from their jobs at a cost of more than \$50 billion a year and concluded that indirect costs (reduced productivity, loss of customers because of errors made by replacement workers, and regulatory compliance) would place the estimate at greater than \$1 trillion or 10% of the United States Gross Domestic Product. The study concluded that musculoskeletal disorders are expected to increase in the future because of the changing nature of work, the aging of the workforce, and rising numbers of women entering material handling and computer jobs; and that effective prevention of pain through active intervention is not only possible, but results in significant cost savings for the employer while reducing the disability experienced by the employee. Effectively reducing the incidence of musculoskeletal disorders would lower total costs, increase corporate productivity, and improve the quality of life for employees.

At MPT Corporate Wellness solutions, we are dedicated to helping companies help their employees reap the financial, personal, and health benefits associated with preventative and rehabilitative health care.

Our approach is to provide targeted individualized preventative and rehabilitative therapies with exceptional delivery and an altruistic drive. We believe that wellness is based on 5 pillars of health including education, posture, cardiovascular fitness, nutrition and function. Often employees exhibit compensatory patterns from repetitive movements and sustained postures associated with their work environment that make them susceptible to injury. Each employee is screened for potential injury and dysfunction using our wellness finger print which assesses over 50 parameters across the 5 pillars. Employees then receive specific interventions that address their needs and can often be done in the work environment. This approach in turn reduces an employers health care cost, increases productivity, employee self efficacy, and decreases absenteeism.



MPT Corporate Wellness Solutions offers customized programs designed to meet the specific objectives and budget constraints of our clients. From Individual Program design to Wellness Seminars, our programs focus on decreasing health care costs, while engaging a maximum number of employees. Some of our services include:

- **Musculoskeletal screens and functional analysis**
- **Injury prevention programming on-site**
- **Injury prevention programming off-site**
- **On site physical therapy**
- **Ergonomics/work station evaluation**
- **Lunch time seminars**
- **Wellness lecture series**
- **Nutrition**
- **Six week low back pain program**
- **Design and implementation of onsite fitness center**
- **Postural analysis**
- **Lumbar protective mechanism screens**
- **Group training**
- **Employee tracking and reports**
- **Functional assessments**
- **On line web based programming**

Return on investment

- The average employee participating in a wellness program returns from short term disability 6 days earlier than non participants. The average cost of absenteeism per day for employees on STD leave is \$225 resulting in a savings of \$1350 per employee.
- The average cost of absenteeism is \$1,387 per employee per year. Wellness programs anticipate a reduction in absenteeism at approximately 17.5%, amounting to savings of \$243 per employee, per year.
- According to a study published by the American Journal of Health Promotions, for every \$1 spent on wellness programs, employers can expect a return of \$2.30 to \$10.10 through lower medical claims, reduced absenteeism, improved productivity and other factors affecting their bottom line.

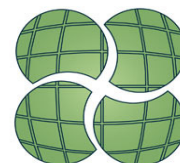


Momentum Physical Therapy *Corporate Wellness Solutions*

is the exclusive wellness and rehab advisors for:

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