Bionomics: Finally A Solution to Back and Shoulder Injuries

Presented by:

Dennis Downing, CEO
Future Industrial Technologies, Inc.
If a problem persists you haven’t discovered or corrected the true cause.
Why Do:

- 80% of the people in the US suffer from a back incident?
- Back claims alone result in 100 Million Lost Workdays per Year?
Spine 101

- How Many Cylinders 4, 6 or 8?
- How Many Bones Make up the Spine?
- How Many Curves in the Spine?
- What is the Most Harmful Motion to the Spine?
Would You Notice?
Would You Notice?
Society Doesn’t Teach Us

- How the Spine Works?
- What it likes and DISLIKES
- ABC’s of Lifting, Bending, Typing?
- That WE can control our own health?
Life is What Happens When You’re Busy Making Other Plans
Cumulative Micro-Trauma (CMT) 
The Enemy

- Work and LIFE
- Lifting Children
- Children Lifting Backpacks (20%)
- Lifting Laundry
- Getting in and out of Vehicles
- Yard Work
- Incorrect posture at computers
BIONOMICS™ (bio=body + nomic=manage)

- How to prevent Cumulative Micro Trauma
  - Customized Biomechanics Applied to Work and in Life
- How to Relieve Existing CMT
  - Job specific therapeutic stretching
PREVENT CUMULATIVE MICRO-TRAUMA

Backsafe® 3-Rules + Backsafe Stretches
Employee Training Breakthroughs

• Achieve Injury Prevention Program Goals by Training with the correct Purpose-CARE!

• Employees ARE Different-CUSTOMIZE ALL Injury Prevention Training

• Kinesthetic Training Philosophy
Safe Techniques....
STRETCHING AWAY CUMULATIVE MICRO-TRAUMA
Cultural Change for Long-Term Benefits

- STAGE 1 - Employee Buy-in is Foundation
- STAGE 2 - Refresh and Remind
- STAGE 3 - Sustain Initiative via Supervisor Champions
Questions?

Contact Dennis Downing, CEO

e-mail: dennis@backsafe.com
Website: www.backsafe.com

Or visit MODEX Booth 5277
WIN A SET OF STRETCHING POSTERS!!

It’s easy to enter: Text “BACKSAFE” to 22828 and follow the directions. Winners will be notified following the conference.

By entering our contest you will also receive our informative monthly newsletters and notifications of special offers & promotions.

Good luck!