

ERGO-CISE PROGRAM

The Industrial Athlete, Inc.



The Ergo-Cise Program (ECP) is a combination of both ERGOnomics and exerCISE. Combining the two components brings the best of two strategies to address work-related injuries, such as strains, sprains and overuse injuries. The ergonomic component consists of our ergonomic expert coming onsite to do a thorough worksite analysis for potential hazards and risk factors. Along with providing ergonomic recommendations to address risk factors, our ergo expert will create a pre-shift stretching program to prepare the body for work. The exercise program consists of *dynamic stretching* exercises, which are more effective than static exercises in getting the body ready for physical activity, such as sports or work.

The Industrial Athlete, now in business for over 30 years, is a leader in workplace injury prevention and injury management solutions. Our consulting division has provided services across the U.S. in a variety of manufacturing, industrial, and office workplaces.

Our ECP can be customized to meet your company's specific needs. Typical deliverables with the ECP include:

- Ergonomic analysis and recommendations
- Dynamic stretching program (can be performed before, during or after work)
- Presentations and/or articles (such as, on job coaching and/or non-work related factors such as off-the-job safety & lifestyle)
- Train-the-Trainer approach for the exercise program
- Ongoing telephonic or email support

- ▶ **Don't wait another day...your next disability or work comp claim may be happening at this very moment!**
- ▶ TIA is not affiliated with a healthcare system. Some of our competitors will provide similar programs with a hidden agenda of referring your employees to the local clinic or hospital, where they can start billing your work comp insurance for the services they provide.
- ▶ For more information, or to request a quote, contact us at Info@TheIndustrialAthlete.com or 877-SMART-11, ext 4

