

Bionomics: Finally A Solution to Back and Shoulder Injuries

Presented by:

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Future Industrial Technologies, Inc.



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powered by  MHI

BASIS for FIT RESEARCH

If a problem persists
you haven't discovered or corrected
the true cause.



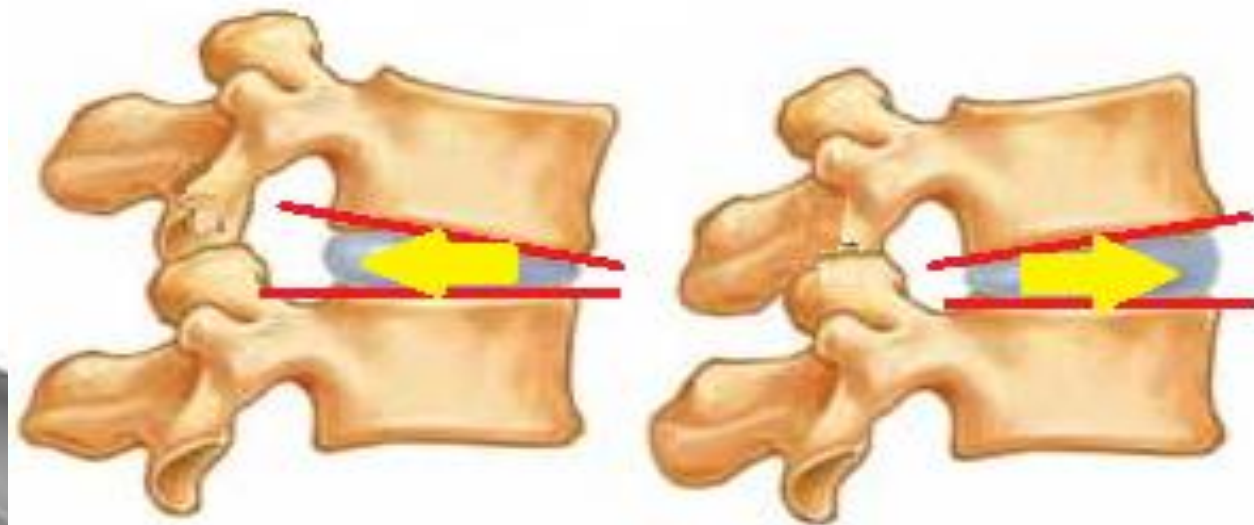
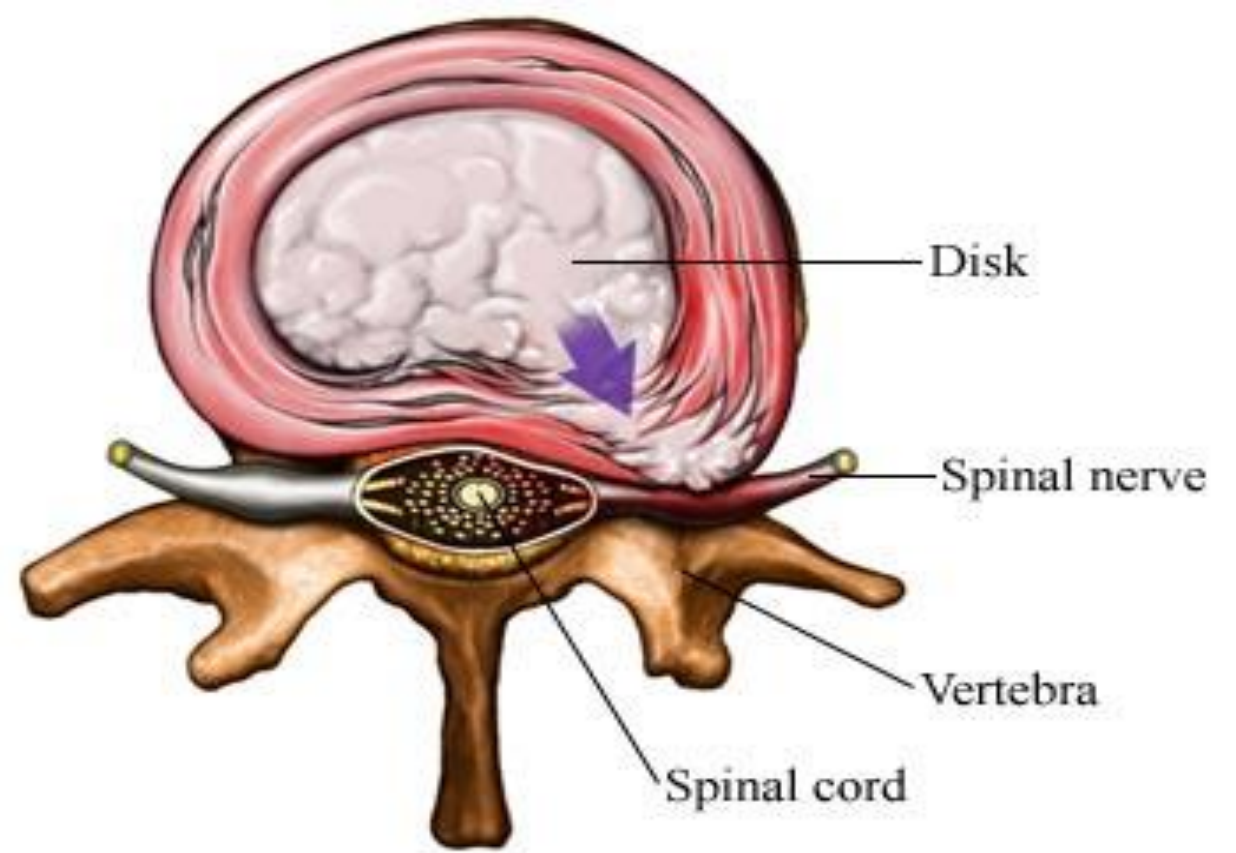
"...great having a neighbor handy with plumbing..."

Why Do:

- 80% of the people in the US suffer from a back incident?
- Back claims alone results 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?



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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?**





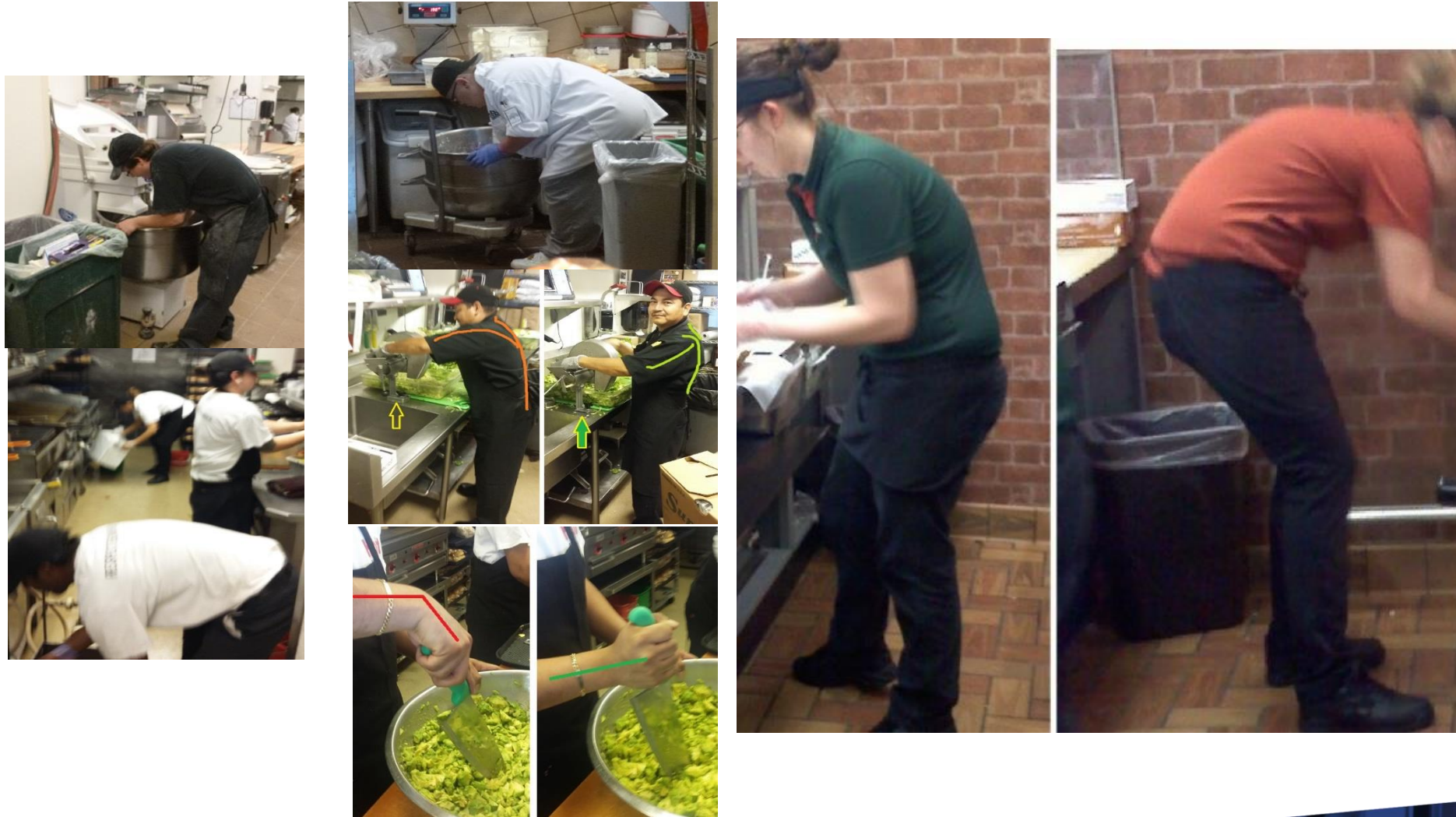


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Life is What Happens When You're Busy Making Other Plans



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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

45 degrees
49lbs



60 degrees
60lbs



75 degrees
~70lbs



0lbs



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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

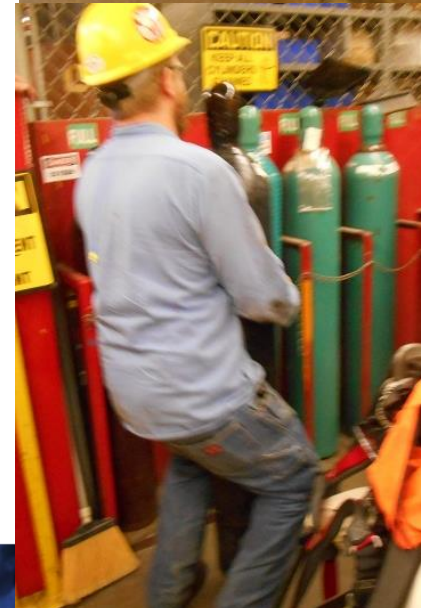
Employee Training Breakthroughs

- Achieve Injury Prevention Program Goals by Training with the correct Purpose-CARE!
- Employees ARE Different-CUSTOMIZE ALL Injury Prevention Training
- Kinesthetic Training Philosophy



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Safe Techniques....



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STRETCHING AWAY CUMULATIVE MICRO-TRAUMA



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Cultural Change for Long-Term Benefits

- STAGE 1-Employee Buy-in is Foundation
- STAGE2- Refresh and Remind
- STAGE 3-Sustain Initiative via Supervisor Champions

Questions?

Contact Dennis Downing, CEO

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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!