



Employee health and engagement services

The Musculoskeletal Co. offers in-workplace **myotherapy** services to switched on employers who prioritise the health and wellbeing of their employees. In a nutshell, we take the assessment, diagnosis, education and treatment we do in the clinic into your workplace, with the aim of keeping employees firing on all cylinders.

We believe it's important to keep employees moving, and moving well, and with myotherapy and movement offered in the workplace, along with other services, this can create a positive culture within the office while also making sure that your people are at their best.

Services offered:

- Acute Pain/Injury management - for employees with existing conditions
- Hands on pain/Injury prevention
- General maintenance for ongoing wellbeing
- Chronic pain management
- Posture education - individual assessments or group info sessions
- Workplace posture & ergonomics - individual assessments or group info sessions
- Movement assessments and planning

WHY?

So why should you have *The Musculoskeletal Co.* come into your workplace? By implementing an ongoing myotherapy and movement program, you can work to improve individual and overall employee health, improve stress management and get on top of work/life balance. It will also help to improve/increase engagement with employees, improve goodwill and staff retention, increase attractiveness to potential employees and if your staff feel good, it will lead to greater productivity.

Some stats to back it up for the number crunchers:

- *Studies typically demonstrate a \$4 to \$5 saving/return for every \$1 invested in health promotion; - [here](#) & [here](#)*
- *In companies with wellness programs implemented, sick leave was down by 28%, use of health care benefits was lowered by 26% and compensation claims made by employees were reduced by 30%; - [here](#)*
- *Employees are more likely to stay with a company they perceive to be making an investment in their well-being; - [here](#)*

EXAMPLE PROGRAMS:

Monthly Myotherapy Sessions

- 1 x 8hr day per month within the workplace (half days also available with minimum 4hr booking)
- Minimum 30 min session per employee
- Sessions based on individual employees needs (injury management, general maintenance etc)
- All equipment brought on site, with dedicated room required for sessions

Myotherapy and Movement Education sessions

A tailored program to educate staff about key areas for wellbeing. 4 talks/workshops run over a month/week; each one will focus on how to improve the relevant topic in a workplace environment. Sessions can be stand alone or in conjunction with monthly myotherapy sessions.

- Week 1: Posture & Ergonomics in the workplace
- Week 2: Nutrition in a busy workplace
- Week 3: Exercise & Movement for optimal health
- Week 4: Mental Health

HOW?

Contact Matt Jeffers at ***The Musculoskeletal Co.*** to discuss options to get your workplace on its way to better health - 0413 566 239 or mattj@themscko.com.au

All Services available:

Treatment

Myotherapy
Osteopathy

Group Classes

Exercise and general office movement - targeted at general office aches and pains
Small group strength training
Pilates
Yoga
Meditation/Mindfulness
Walking/Running groups

Dietician/Nutrition consults

1-on-1 consults
Group seminars - specific topic related - General advice, weight loss etc

Ergonomics

Posture and Ergonomic information sessions
Work station assessments for office staff
Car ergonomic assessments for on the road employees

Equipment sourcing

Stand up desks
Ergonomic aids
Exercise equipment