



Musculoskeletal Health Program (MSK)

A blueprint for your body! Workforce Health Solutions' Musculoskeletal Health Program, powered by *Kinesics*, provides you and your team members with an evaluation that maps your body's range of motion, muscle imbalances and hidden sources of aches, pain and fatigue. The information collected is used to design a stretching program that improves how well you stand, move, work, and live - giving you the ability to feel and be your best! The results and program are accessible via an easy-to-use smartphone optimized website.

Achieve your musculoskeletal health goals through:

- **Evaluation:** A series of range of motion measurements to identify joint and muscle restrictions throughout the entire body. It only takes a few minutes and is non-strenuous.
- **Analysis:** Analyzes your range of motion metrics and visually identifies specific areas of restrictions and muscle imbalances to be addressed.
- **Flexibility and Mobility Program:** A customized stretching program is designed to address your areas of greatest concern, with videos, so you feel confident executing your program.
- **Re-evaluation:** Offers the opportunity to validate progress or update your program, helping your body achieve optimal range of motion and muscle balance.

Benefits include injury prevention, improved performance, and decreased muscular pain.

Prevention

- Improve range of motion for optimal movement and balance
- Increase awareness of daily strains on the body
- Improve quality of work and life

Performance

- Improve mobility
- Improve flexibility
- Increase energy levels

Pain

- Reduce stress on muscles, joints, and bones
- Decrease pain due to muscle fatigue

These musculoskeletal health services can be performed in conjunction with our *Healthy Lives* well-being biometric screening program or as a stand-alone service, incorporated into your onboarding processes, or in a team environment to focus on departments that may be at higher risk for injury.

To learn more about our Musculoskeletal Health Program, contact Workforce Health Solutions at 1 (833) 760-8326 or email workforcehealth@fmlhs.org.

