

Spinal Solutions and Workstation Ergonomic Assessment

Back for Good! - Spinal health in the workplace made simple

What is a Spinal Solutions Package?

Full Spectrum's Spinal Solutions package is designed to increase employee awareness as how to manage their spine's safely and effectively to reduce and/or eliminate pain, improve mental focus and prevent pain related work place absences.

The core objectives of this module are to assess, correct and equip your employees with a set of tools, specific to each employee, to take better care of themselves physically, and provide an understanding of how their results can influence their mental state and ability to focus.

Why Choose Your Spinal Solutions Package?

- Improved awareness of the causes of musculo-skeletal pain
- Understanding of the influence of stress and emotions over posture and muscular tension
- Proactive self-management of musculo-skeletal tension
- Self-management of workstation ergonomics to reduce pain, stress and improve mental clarity

Resulting in:

- Improved physical, mental and emotional health
- Enhanced stress management through proactive pain and tension reduction
- Improved energy levels and mental focus
- Improved employee morale through proactive pain and tension reduction
- Reduced pain related absences and greater productivity



Individualised Solutions

Each employee will be provided with an individualised "Spinal Solutions Passport" detailing their Postural Assessment results along with Full Spectrum's personalised Spinal Solutions package. Their report is then used for goal setting and future comparisons.



Executive Summary

Management and HR have the option of requesting an Executive Summary. The Executive Summary entails a detailed report, highlighting group averages of the Spinal Health Solutions. This report can be broken down to compare variations between departments, different unit locations (where applicable), age and gender. Your Executive Summary can then be used to specifically tailor future interventions of the Corporate Health Programme for your organisation.

Spinal Solutions and Workstation Ergonomic Assessment

What Does Your Spinal Solutions Package include?



A Spinal Solutions and Workstation Ergonomic Assessment comprises of 2 x 30 minute appointments:

1. A Postural Assessment, Functional Movement Screen and Full Spectrum's Spinal Solutions Package
2. A comprehensive Ergonomic Assessment and Setup of each employee's workstation

1. Postural Assessment, Functional Movement Screen and Spinal Solutions

A comprehensive postural assessment and functional movement screening will be performed on each employee specific to the needs and common movement dysfunctions of office workers, in particular desk bound employees.

All participants receive a comprehensive information booklet containing an individualised programme of strengthening & stretching exercises specific to their particular postural and functional imbalances – the objective being to enhance posture, mobility and musculo-skeletal function.



2. Ergonomic Assessment and Workstation set up

A complete assessment and set up of each employee's workstation, in accordance with Workplace Safety Australia, is performed to help alleviate current and prevent future postural imbalances, which often result in pain. A simple illustrated guide with easy to follow recommendations and guidelines is provided to ensure ideal set up is maintained. Also provided to each participant is a set of personalised, workstation based stretches and exercises.

Full Spectrum Corporate Health Solutions

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