



# A REVOLUTIONARY APPROACH TO MUSCULOSKELETAL HEALTH

## *CRITICAL CONCEPTS & TACTICS*

### Overview:

This compact workshop will present critical concepts related to the human movement system that every employer needs to embrace in order to prevent and control the costs associated with musculoskeletal claims. This program will be presented by David M. Hatrel, PT, MTC, DPT, a physical therapist and President/CEO of Health Connections Enterprises (HCE). HCE is dedicated to the prevention and conservative management of musculoskeletal problems faced by today's employers. Once the critical concepts have been presented, David will demonstrate what tactics an employer can deploy to take advantage of this new knowledge and information. Many employers have reached out to the healthcare industry for help with this problem, and had little success. David's presentation of Critical Concepts and Tactics will explain why these relationships have failed in the past and how to make them work in the future!

**November 29, 2016**

*7:00—11:30am*

**Cork Factory Hotel**

480 New Holland AVE

*Lancaster , PA*

### Key Learning Concepts:

1. How to get out from under what appears to be RESTRICTIVE laws, regulations and antiquated healthcare models!
2. How you can determine the TRUE physical demands of your work process!
3. How you can really determine an individual's SAFE material handling limits!
4. How repetition REALLY impacts an employee's health and safety!
5. Asking if your goal should be an ERGONOMICALLY PERFECT work place and will that help?
6. What your JOB SPECIFIC conditioning program should really look like!

And much more...

- 7:00-7:30am *Continental breakfast & Registration*
- 7:45-8:30am *Special Guest Speaker*
- 8:30-11:30am *Keynote Presentation*

**PROFESSIONAL  
SERVICES GROUP**

A DIVISION OF WADDEE INC.

**Special Guest Speaker— Dale Rothenberger**  
Sales Manager—Waddee, Inc.

### Development Of An OSHA Compliant Safety Program

Dale Rothenberger is currently responsible for expanding the business model and expertise within the Professional Services Group of WADDEE, Inc. of Reading PA. A full service consulting enterprise, the Professional Services Group works with Business Executives to drive down costs and improve employee safety by establishing a "Safety Management System." He brings over twenty years of experience in program development and implementation, business development, and marketing, along with technology applications and advancement. His analytical approach to safety performance has proven time and again that employee tasks can be measured and results predicted. Added skills include project management and problem solving, having been formally trained as a Mechanical Engineer and working in the design and construction industry. He has spoken nationally, as both a Sales Motivator and Technology expert. A Safety Management System (SMS) provides a systematic way to identify hazards and control risks while maintaining assurance that these risk controls are effective.

SMS can be defined as a businesslike approach to safety. It is a systematic, explicit and comprehensive process for managing safety risks. As with all management systems, a safety management system provides for goal setting, planning, and measuring performance. A safety management system is woven into the fabric of an organization. It becomes part of the culture, the way people do their jobs. There is a direct and implied expectation placed on an employer to ensure that work activities and the place of work are to be safe. There are legislative requirements defined in just about every jurisdiction on how this is to be achieved and there is a substantial body of research which shows that effective safety management (which is the reduction of risk in the workplace) can reduce the financial exposure of an organization by reducing direct and indirect costs associated with accident and incidents. In this session, we will define the basics of a SMS program, and cite examples of companies where implementation and improvements lead to better workers, lower costs, and recognized rewards.



# UNDERSTANDING THE LOW BACK & HUMAN SPINE

*Why is it so hard to diagnose and treat?  
Focusing on Prevention!*

Our afternoon session, designed for HCE clients and prospects, will focus on the number one musculoskeletal cost for employers, the low back. Trillions of dollars and millions of hours have been spent trying to prevent these conditions or treating them when prevention efforts fail. And still, the current system in the United States has a very limited success rate toward this issue. Our afternoon session will consist of four, 45 minute talks which explain how HCE's integrated approach and deeper understanding of the back lead to effective prevention programs that reduce injury rates and control cost.

**November 29, 2016**  
*12:30—1pm Registration*  
*1pm-4:30pm Presentation*  
**Cork Factory Hotel**  
480 New Holland AVE

**Low Back / Spinal Basics:** Our first session will describe the basic anatomy and function of the low back and spine in general. This initial look at the workings of the low back and spine will help you begin to understand the complexity of this area of the human body, and the limited scope of the current US Healthcare industries understanding of these conditions. You will learn about the bony structures, the discs, and the spinal cord /spinal nerves that are the major focus of the medical system.

**The Limits of the Current System:** The second session will discuss common conditions of the low back and spine in general, and how the limited approach of the current US Healthcare system is failing you, your employees and the public at large.

**A Deeper Look:** In our third session, we will explore the human spine and low back in more detail. We will describe additional anatomical and physiological structures that can NOT be ignored. We will explain how the human spine is designed to move and support the movement of the arms and legs, and we will help you understand how the entire human body is integrated for proper function of the human spine.

**Proper Treatment / Prevention:** During our final 45 minute session, we will use your newly acquired and more comprehensive understanding of the human spine to describe a proper treatment approach with a focus on the low back. We will also describe proven prevention programs that utilize this additional knowledge to increase their positive outcomes.

**To Register:** Call, email or fax the following information to HCE

**Call:** Jancie Nauman (866-398-9169, ext 703)

**Fax:** 866-398-9169, attention Jancie Nauman,

**Email:** jancien@health-connections.us

Name: \_\_\_\_\_ Organization: \_\_\_\_\_  
Title/Position: \_\_\_\_\_ Email: \_\_\_\_\_ (For confirmation of registration)  
Work Phone: \_\_\_\_\_ How did you hear about this workshop? \_\_\_\_\_

Please select which session you would like to attend:

- Morning Session— No entry fee!*
- Afternoon Session—\$35 entry fee\**
- Both Sessions—\$25 entry fee\**
- \*Clients of HCE or Zee Medical— no entry fee at all.*

**Please mail check for entry to:**

Health Connections Enterprises  
1934 Yellowstone Ave  
Billings, MT 59102

**OR** fax/call with credit card information.

For security purposes, please refrain from emailing credit card information.