

## Musculoskeletal Health...

Some "Providers" are getting it right!

In 2013, HCE launched its [initial edition of \*the Connection\*](#), which was focused on the fact that the current U.S. Healthcare system's approach to musculoskeletal health is inefficient, ineffective and just plain **INAPPROPRIATE!** The current system leads to increased employer costs, increased disability, increased suffering and lost productivity at work and at home. For more details about what HCE feels is **inappropriate** with the current system and our thoughts on how it should be addressed, you can request a copy of our initial edition of [the Connection](#) by emailing Jancie Nauman at [jancien@health-connections.us](mailto:jancien@health-connections.us). All editions of our newsletters will be found on our new website when it comes out in the November of 2016. (If you just can't wait to get access to the HCE Website, send me an email at [davidh@health-connections.us](mailto: davidh@health-connections.us) and I can provide you with "Top Secret" access to our developing website.) And just to motivate you to explore the issue of musculoskeletal problems with renewed interest, I have a question/challenge for you. Do you spend more money on musculoskeletal claims within your workmen's compensation program or your general health insurance program? Check it out. You may find the answer quite interesting. Most of the employers we work with are surprised to find out that musculoskeletal claims make up the number one or number two most costly diagnostic category within their general health insurance program, and that they spend more money here than they do on the WC side. Most employers fail to realize that their general health program typically covers more "bodies" than the WC program (employees, spouses, and dependents). The good news, no the GREAT NEWS, is that the HCE approach to musculoskeletal health addresses both your workman's compensation and general health insurance programs because we bring programs that prevent and/or conservatively manage ALL musculoskeletal claims.

Since 2013, HCE has been hard at work formalizing our prevention programs and training many physical rehabilitation providers in various locations. When our web page launches later this year, we will have a "provider locator" directory that will tell you about providers we have personally trained or otherwise "approved" as it relates to functional testing, onsite prevention services and/or advanced clinical care. By "advanced clinical care", I mean physical rehabilitation providers that can find and fix the "TRUE" driver to the patient's problem, and NOT providers that are limited by today's need to chase pain or label things with a particular "disease" process. Providers that understand the power of the human body to heal itself once they have identified and removed the "key hindrances" to this healing potential are the providers that HCE will list in its Approved Provider Directory. If you want to find out if HCE has any approved providers in your area right now, just send me any email with your current geographical area (City, State, Zip Code) and I will let you know where we stand. This changes rapidly.

## Truths Or Myths...

*(Grandma was right... The hip bone IS connected to the knee bone...and so much more!)*

HCE has a significantly different approach to the evaluation and treatment of musculoskeletal conditions. The HCE approach is also interwoven into each of our proactive prevention programs. Our prevention and clinical approach are based on a fundamental understanding of the "TRUE ARCHITECTURE" of the human body. This architecture is based upon the concept of "bio-tensegrity" and NOT an the current model of anatomy, physiology, etc. being taught in our U. S. school systems.

Bio-tensegrity is based upon an engineering principal where a system of

balanced compression and distraction forces, can defy gravity and withstand significantly greater "forces" than the typical mechanical model would allow for. This new model of human architecture has been shown to reach right down into the cellular level, and can **turn on** or **turn off** cell metabolism.

In a nutshell, bio-tensegrity works under a principal that the body can "sense" it's weak link, and will do everything within it's power to protect that weak link. The amazing thing is, that a problem in one remote part of the body can **AND DOES**, impact or change the forces in the rest of the body. This can be a good

thing in that "inappropriate forces" can be adapted for and spread across multiple tissues, but too much adaptation can lead to complicated problems. This is why our current healthcare system gets it WRONG most of the time. Our current system **CHASES THE PAIN**, which is almost NEVER **THE KEY HINDRANCE OR PROBLEM**.

Check out the images on page 2 to get an idea of the different architectural systems in play. We will talk about this key difference in future issues of the Connection.

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# Musculoskeletal Health...

HCE Training and Clinical Oversight of Quality Providers!

As mentioned on page 1 of this newsletter, HCE is developing an expanding network of physical rehabilitation providers. This HCE Approved Provider Network is NOT based on pricing discounts or DENIAL of CARE to save on cost. Our network of HCE Approved Providers will always be based upon one key element; Providers will have **ADVANCED CLINICAL SKILLS!** They will either learn these skills from HCE or demonstrate them to HCE in their clinical setting.

Once these clinicians have been “approved” by HCE, it allows HCE to expand our service offerings in this geographic market. We can then provide our telephonic / multimedia program called M-TEC (Musculoskeletal—Triage, Education / Exercise & Communication). M-TEC allows Senior HCE clinical staff to interact with your employees in an extremely cost effective manner to determine if their issue can be quickly addressed with education, exercise and/or self “treatment”, or if they need to be referred to a physician or other HCE Approved Provider (a therapist).

In any case, the assigned HCE Senior Clinician will oversee the care of the employee and interact directly with the employee, the healthcare providers, the employer and other involved parties as appropriate. Having HCE provide this musculoskeletal oversight ensures a consistent clinical and communication process for your employee, their spouse or dependent and will keep your overall musculoskeletal costs down.

HCE only offers this service where we have “Approved Providers”, but the geographic locations of these providers is continuously growing. Please ask us if we are in your area, or when we will get this program running close to you.

I believe that our M-TEC program is the future of quality musculoskeletal healthcare!

—David M. Hatrel, PT, MTC, DPT (President/CEO of HCE)

## Truths or Myths...

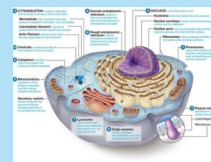
From Page 1

### OLD SCHOOL/WRONG SCHOOL:

Anatomy based upon “columns” and has lots of sheering forces.



Cellular Components “floating” in fluid.



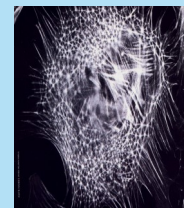
Biology 101—AGH!

### New SCHOOL/CORRECT SCHOOL:

Spinal discs are secondary support structures, and sheering does not take place in a properly performing “tensegrity” system.



Real Human Cell—Tensegrity throughout the cell.



## HCE'S Developing Tools Quality Through Technology

As HCE has continued to grow and expand our service offerings and geographic locations, it has become more and more critical for our Senior Staff to be able to oversee both our prevention and clinical care services from a distance; without any reduction in the quality of those services.

With this in mind, HCE has spent considerable time and resources related to utilizing current technology to facilitate our programs. In the area of clinical care, we have been uploading hundreds, if not thousands of clinical techniques and exercise

video clips to our web-based platform. This web-based platform allows us to communicate with both patients and clinicians that may be working with those patients. Through this interaction, we can enhance the clinical outcomes and streamline the care delivered, thereby lowering costs and eliminating unnecessary suffering.

In the area of prevention and training, we are currently utilizing a proprietary data analysis tool based upon age-old material handling research from Liberty Mutual. This proprietary tool allows us to input physical

data (weights/forces, reaches, lifts, carry/ push distances, etc.) into our software and determine what you are truly asking your employees to be able to do SAFELY. Too many times, employers do NOT have a true picture of what the physical demands of their work tasks are.

In the VERY near future (or now if you must have it!), this “HCE Physical Demand Calculator” will be available to all HCE clients, both large and small. For more information, contact me directly.

David M. Hatrel, PT, MTC, DPT

# the Connection



FEBRUARY 2016

*From Initial Edition*

## Employee News Letters from HCE

### ***Titles and Descriptions of Main Sections***

The HCE employee news letter will promote the differences between the current U.S. and the HCE model of musculoskeletal health. The following sections will be used to deliver this message within each newsletter. We will have a revolving cycle of various body regions that will be covered in the newsletters.

### **How The Body Works...**

This section will consist of valuable information about the human body. HCE authors will cover normal aspects of the body as well as common conditions of when the body fails.

### **Truths / Myths About Exercise...**

As the section title implies, this section will be dedicated to information related to exercise. The goal of this section will be to give employees/patients the correct information, so they can achieve their health goals in the most effective, safe and efficient manner possible.

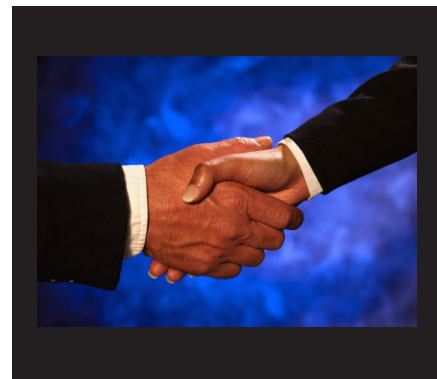
### **True Stories...**

It is always nice to hear about someone else's successes, so we will dedicate this section to actual true success stories. These stories could be about weight loss, exercise goals, ergonomic changes, or economic results from the various HCE programs.

### **Healthy / Unhealthy Habits...**

*This section will address both work and home related activities (or lack thereof) that lead to improved or declining health.*

For access to current and archived HCE newsletters, please send a request to Jancie Nauman at [jancien@health-connections.us](mailto:jancien@health-connections.us). We look forward to hearing from you!



### **What Are People Saying... About HCE!**

**GREAT!** This was some of the most valuable information I have received....  
**Employer Member, American Foundry Society**

Our relationship originally focused on ergonomics and mitigating the physical demands of the manufacturing, foundry and warehouse positions. The HCE staff have developed strong relationships with the employees by helping them understand "their body at work". We consider the HCE team a "valuable business partner" and a welcome member of our workers compensation and health plan committees.

**Mary P, V.P. Human Resources**

Excellent presentation of a sensible, sustainable approach to musculoskeletal health—both on the job and off!

**Safety & Health Professional**