

Presentation Title	Place in Schedule
Utilizing Exercise to Advance Occupational Injury Prevention	Poster Session <i>Day 2 – Wednesday – May 9th, 2018</i> <i>8:30am-9:30am</i>
Description of Presentation	Presenter Name(s) And Credentials
<p>As the historical methodologies of sports medicine have evolved and expanded, the act of passive stretching has been replaced by low-intensity exercise—or warming up—in order to fully prepare the body for physical tasks. Combined with a prevention-based approach, the warm up has proven to be a powerful and effective tool in a modern occupational setting, bringing heightened productivity, lower rates of musculoskeletal injuries, and long-term improvements in both health and safety. This session will expound upon the value of task-specific exercise in furthering critical Total Worker Health initiatives. By integrating exercise and one-on-one preventive care into an organization’s existing safety culture will ultimately reduce employee musculoskeletal injuries, soreness, and discomfort. The programs are implemented on-site, and are designed to integrate seamlessly into employees’ daily routines. This session will address how injury prevention programs that prioritize low-impact exercise bring significantly favorable results to businesses, by both reducing injuries and achieving quantifiable returns on investment. Not only does this approach improve the day-to-day performance and productivity of employees, they also bring sustainable results that encourage safe and healthy behavior for years to come.</p>	<p>Jon Kabance, RKT <i>BIOKINETIX</i></p>