

### **TCOHR On-Site:**

Over the past twelve months, TCOHR has been expanding the services provided to employers on an on-site basis. Examples include:

- 1) Providing a Physician's Assistant 5-hours each week over 3 shifts, whose focus involves:
  - a) Coaching in how to self-treat minor discomforts and illnesses such as strains, heat illness, minor burns and musculoskeletal aches, whenever appropriate;
  - b) Helping workers and supervisors problem solve how to accommodate work restrictions;
  - c) Providing wellness screens and to assist with the personal management of ongoing medical conditions;
  - d) Administering vaccinations flu, TB and tetanus;
  - e) Coordinating other TCOHR specialists when focusing on relevant topics such as body mechanics and ergonomics.

- 2) Providing a Physical Therapist or PT-Assistant for the purpose of:
  - a) Leading targeted discussions and demonstrations in work areas where there is a need to reduce the frequency and severity of aches, pains or injuries;
  - b) Developing and validating functional job descriptions;
  - c) Developing job-specific Pre-Work Screens (HPE's);
- 3) Providing physicians and mid-level providers to perform annual medical surveillance including labwork and physical exams.

In this issue we would like to describe work we perform with one of our employer-clients, **Travel Tags**, a Taylor Corporations company.

Ed Wakem is the Inver Grove Heights facility's EHS Manager, serving 3 shifts and 340 employees. In 2010, this plant had 26 recordable injuries, 17 involving repetitive motion – a key target for reduction. TCOHR's involvement includes:

- 1) Involving TCOHR's Bob Seeds, PT, PhD with employees and supervisors with strengthening exercises, targeted stretches

as well as behavior change ideas to reduce the impact of aches and pains, hopefully short-circuiting the conditions that may lead to a lasting injury;

- 2) Serving as a resource for day-to-day consultations targeting repetitive motion and ergonomic hazards in the plant;
- 3) Following an injury that requires treatment, visiting the employee and supervisor to help them determine how to keep the individual mobile, active and productive without aggravating their condition;

When Work Hardening is part of the strategy utilized in rehabilitation, this component is normally done in our PT center in-clinic, where TCOHR our first-hand understanding of the job is critical;

- 4) Training and refreshing Travel Tags' Stretching Program Trainers.

In part due to TCOHR's involvement, along with other measures taken by Ed Wakem and the Travel Tags team, 2011 shows only 9 recordable injuries, with only 5 involving repetitive motion. ***A huge thanks to Ed and Travel Tags for a great partnership!***

### Do you need Maps, Posters or Referral & Authorization Forms:

If so, please contact Jim at [jsebesta@tcohr.com](mailto:jsebesta@tcohr.com) (651) 357-1661.

Remember that many forms and medical questionnaires can be downloaded from [www.tcohr.com](http://www.tcohr.com)

### Preparing for a DOT Exam - Hypertension:

DOT Regulations allow for the restricted issuance of CDL medical cards when a person has high blood pressure.

In preparation for a DOT exam, be sure to see your personal physician and to follow prescribed medications. Regular exercise, even in the form of 30 minute brisk walks can over time, help to reduce blood pressures in most people. Those guidelines are as follows:

<140/90	Acceptable for initial or re-certification
140-159/91-99	1-year certification
160-179/100-109	Initial 3 month cert
≥ 180/110	Disqualified until <140/90

### Holiday Clinic Hours:

Our clinics will be open each weekday from 8:00 am – 5:00 pm except for:

Thanksgiving – Nov 24<sup>th</sup> & 25<sup>th</sup>  
Christmas – Dec 26<sup>th</sup>  
New Years – Jan 2<sup>nd</sup>

#### South Metro Clinic

2520 Pilot Knob Road, Suite 250  
Mendota Heights, MN 55120  
(651) 224-8264 FAX (651) 224-8265

### Reasonable Suspicion Training for Supervisors:

Dr. Rob Howard will be conducting this training again. To register for either of two sessions (9–11:45 am or 1–3:45 pm) scheduled for Friday November 18<sup>th</sup>, please ask for Rachel at (651) 968-5246.

### Eagan Fire Department Opens a New Station:



Congratulations to Eagan Fire Department on the grand opening of their new Station # 2. This fall TCOHR conducted the 5<sup>th</sup> year of EFD's all-department Annual Agility Testing, but this time at Station 1. It is a beautiful and energy-efficient building that will help maintain their excellent response times to emergencies!

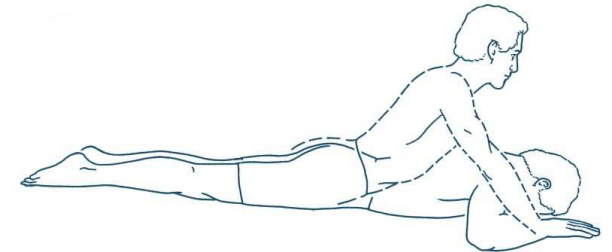
### Stretch of the Quarter – Core:

*By Bob Seeds, P.T., PhD.*

Many people hear the term "core" thrown around at work or the gym, but do they really understand what it is? The body's "core" consists of many muscles that are located in the midsection of the

body. These muscles include your abdominals, oblique's, muscles of the hips, and many muscles in your lower back. This area is not only responsible for stability and keeping us upright, it is also where movements originate, whether in the upper or lower body. When one or more of these muscles are weak, other muscles must compensate leading to injuries.

When lifting, your core acts as a belt to protect your back while transferring energy between the upper and lower body. It is not only important to strengthen your core muscles but also to stretch them to ensure mobility. This becomes important with jobs that require long periods of standing or static flexed postures.



This stretch is important to not only decrease pain by working in the opposite direction of repetitive flexed positions, but also to increase mobility of the muscles and ligaments in the back.

To perform the stretch, lie on your stomach, press up by pushing through your arms until they are extended, while keeping the pelvis flat and the muscles in the butt relaxed. Hold this position for 10-15 seconds and slowly lower back to your stomach. Repeat ten times.