

NEWS YOU CAN USE

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www.tcohr.com

TCOHR is committed to partnering with employers and workers to help prevent workplace injuries and to return injured workers to productive work roles as soon as possible.

Hours of Operation & After Hours Care

TCOHR is open from 8 a.m. to 5 p.m., Monday through Friday. TCOHR is not affiliated with any after-hours clinic, including the urgent care clinic adjacent to our Blaine facility. We do however work frequently with a wide range of urgent care clinics and hospital emergency rooms to transfer your employees' records to us the next business day, ensuring a continuity of care, documentation and communication.

Because TCOHR does not treat non-work-related illnesses and personal injuries, our hours are necessarily limited, but because all we provide is Occupational Medicine and Work-Related medical and therapy services, we can fulfill our commitment to you to keep waiting times to a minimum, schedule appointments as soon as possible, provide you with prompt documentation, and ensure direct communication between you, the patient and our physicians and therapists.

TCOHR's Partial Preferred Referral Network

The Builders Group / Meadowbrook
Zenith Administrators
CorVel Corp.
EMPO Corp.
UCWCP
NECA
WorkWell
Tri-Care / Tri-West

Welcomes!

Join us in welcoming Alissa Stauffer as a new medical assistant in our Blaine clinic!

Welcome back to Dr. Huset after returning from his annual three-month pilgrimage to a little town in the Outback of Australia!

Is Your Business DOT Compliant?

If your organization has trucks over 10,000 lbs gross-vehicle-weight, you are required to maintain a DOT-compliant safety program. If your company has

trucks over 26,000 lbs gross-vehicle-weight, you also need a DOT-compliant drug-testing program. EMPO offers DOT-compliance programs, including driver qualification file audits, and driver-safety training.

Jonathan Hall, Risk Manager, EMPO
www.empocorp.com

Workplace Stretching

In researching this article I find that over the past 25 years, little has changed. Two long-lasting truths remain: a) The performance of athlete's continue to improve; and b) In the workplace, we speak of the "worker athlete" but we're still trying to "justify" stretching programs.

When I talk about stretching, employees tell me, "I don't want to look funny at work" and employers often say, "Good idea, but is it worth the time?"

Make no mistake, warming up and stretching serves multiple positive functions in the work-place.

1) Warming up and stretching increases safety awareness; 2) Stretching provides an early warning signal when something is wrong; 3) Stretching provides a psychosocial benefit as employees feel better about themselves; and 4) Stretching eliminates some of the minor sprains and strains that might otherwise occur.

Stretching alters the viscoelasticity (translation: muscles share properties of things like putty and a rubber band) of the muscle-tendon unit, resulting in less stiff (more compliant) tissues. This change increases the distance muscles can stretch and the force required to tear the muscle-tendon unit, making injury less likely.

There is also convincing, reviewed research showing that increased flexibility decreases total lower back injury costs by a factor of six when comparing flexible with non-flexible workers.

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(Stretching continued)

How do we lose flexibility? We flex our head forward to see our work. We bend forward to lift and when sitting we slump. We keep our shoulders hunched forward and our hands working in front of us all day. The result is postural tightness and less breathing capacity to bring oxygen to our muscles, causing those muscles to become less efficient and more injury prone.

So why warm up and stretch? 1) Muscles that are warm and stretched move easier and generate greater force; and 2) Warm muscles are warm because blood flow to the area has increased, bringing more fuel (oxygen) to the muscles to work longer and harder, improving performance.

Follow these general rules so that your muscle performance will improve and be less likely to injure:

Warm up: Warming up and stretching causes increased range of motion and smooth efficient movement. Movement delivers oxygen which is our aerobic fuel. Stretching allows those parts of our body to breathe (so make sure you breathe while you stretch).

Preparation and compensation: Preparation is simply letting our body know what is coming. Compensation is our way of apologizing to our body in advance by stretching which results in a return to warm muscle that generates more speed and power than cold muscle.

Rule of opposites: Analyze the motions required at your job, especially the repeated motions. Make sure you stretch in the opposite directions of how you are moving at least once or twice each hour.

Do Not Bounce: Don't bounce or perform ballistic stretches. Perform 2-3 stretches and hold for 10-30 seconds each while breathing deeply.

Workplace stretching doesn't require a lot of time and for the reduced injury risk, any time spent can more than pay for itself. And while you may still look funny doing them, you might just start a workplace trend that can help you stay healthy, strong and productive.

Bob Seeds, PhD, PT

TCOHR's Discounted Hotel Rate Extended to You

TCOHR has entered into a Discount Rate Agreement with the Mendota Heights Airport Courtyard by Marriott, across the street from our South clinic. We have their approval to extend that rate to our customers. Immediately across the River from MSP Airport and the MOA, a Standard King or Queen can be reserved at the rate of \$ 109.00 Plus tax per night. To make reservations, call (651) 452 – 2000 ext 600 or (800) MAR-RIOT and ask for the Twin Cities Occ Health & Rehab discounted rate.

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clinics?

www.tcohr.com

You can also download Sample
Reports, Referral & Authorization
Forms and the current
TCOHR Brochure

If you would like a poster to attach Referral & Authorization forms for your workplace, or if you need Referral & Authorization tablets please send a message to Jim at info@tcohr.com

Please keep us in mind if your insurance carrier changes. You can fax any changes to our South clinic at (651) 224 – 8265 or email them to info@tcohr.com



Thank-you from all of us at TCOHR!