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# ONEDIGITAL MID-ATLANTIC REGION



MID-ATLANTIC TEAM

**150**  
*employees*  
and growing



REGIONAL FOOTPRINT

**8**  
*locations*  
in Virginia,  
Maryland and  
Washington D.C.



WHO WE SERVE

**3,800+**  
*clients*  
across the region



Voted Best Place To Work  
**Four years in a row**

**National Facts:** Based in Atlanta with 1,900+ employees;  
Serving 50,000 clients nationally representing \$6.9B in premium;  
Listed as 18<sup>th</sup> on Business Insurances' Top 100 Brokers for 2019

# OneDigital's Broad Expertise



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## Implement Strategic Plans with Tactical Success



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## 4 Areas of Focus



Injury Prevention  
&  
Recovery



Health  
Psychology



Nutrition



Ergonomics







**2,834,500 recorded cases**  
7,765/day - 324/hour – 5/minute

## MSD Specific

**335,070 recorded cases**

918/day - 39/hour – 1 every 2 minutes



## When:

Monday and Tuesday 36%

Within 1-4 hours 37%

## Who:

Ages 35-55: 47%

M= 62% F= 38%



## Results of Injuries

#1 Reason Why = Overexertion and Bodily Reaction 99%

# 1 Outcome = Sprains and Strains 70%

#2 Outcome = Soreness 20%

#1 Area of Body Affected = Back/Trunk 45%

Due to the limited content that is provided by Bottom Line Consulting LLC (BLC) and their system. BLC will not be held accountable for any injuries that your organization incurs while trying to implement the strategies and techniques that are taught throughout this presentation. It is to the discretion of the professional in attendance, that if they choose to use any of the education provided, they are doing so at their own risk, in which BLC will not take any personal nor legal responsibility.

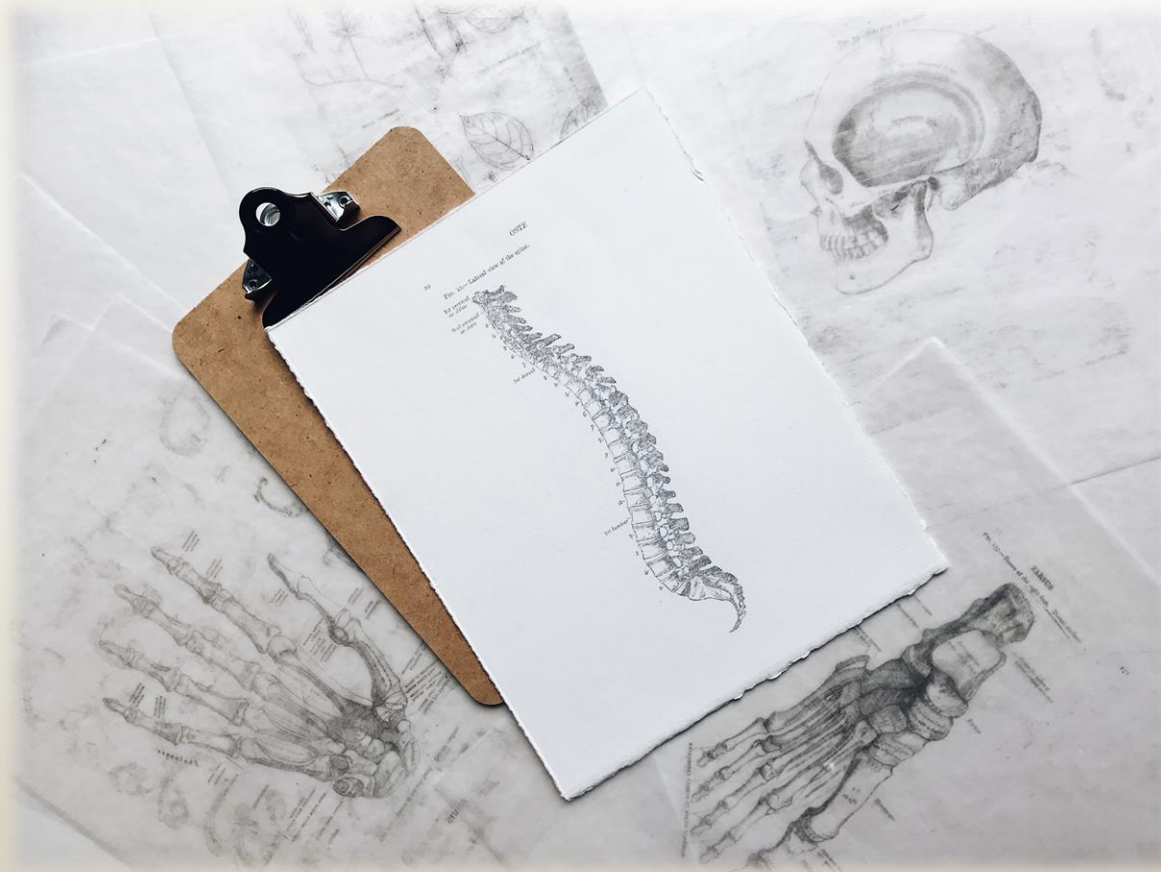


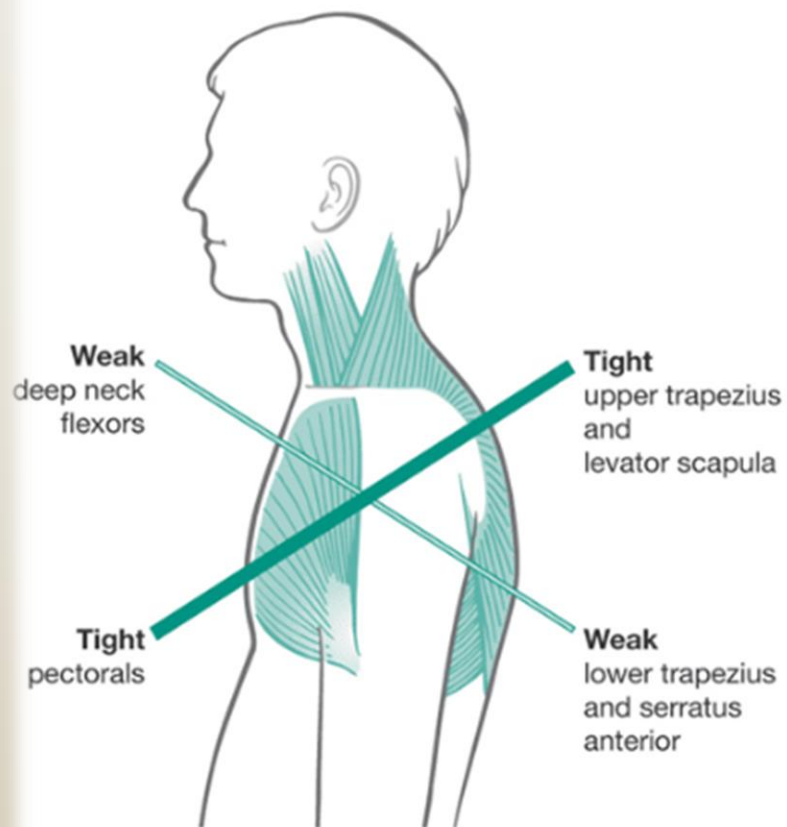


**7** – Cervical

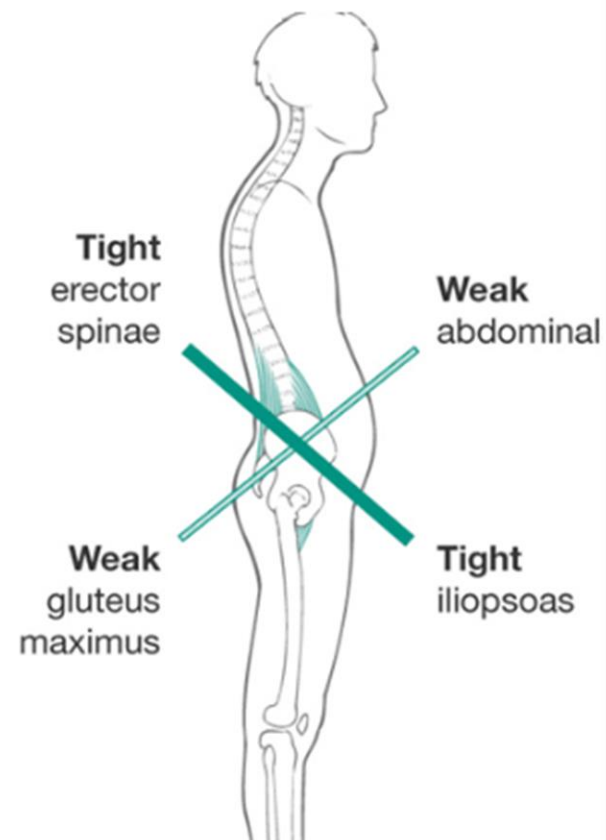
**12** - Thoracic

**5** - Lumbar

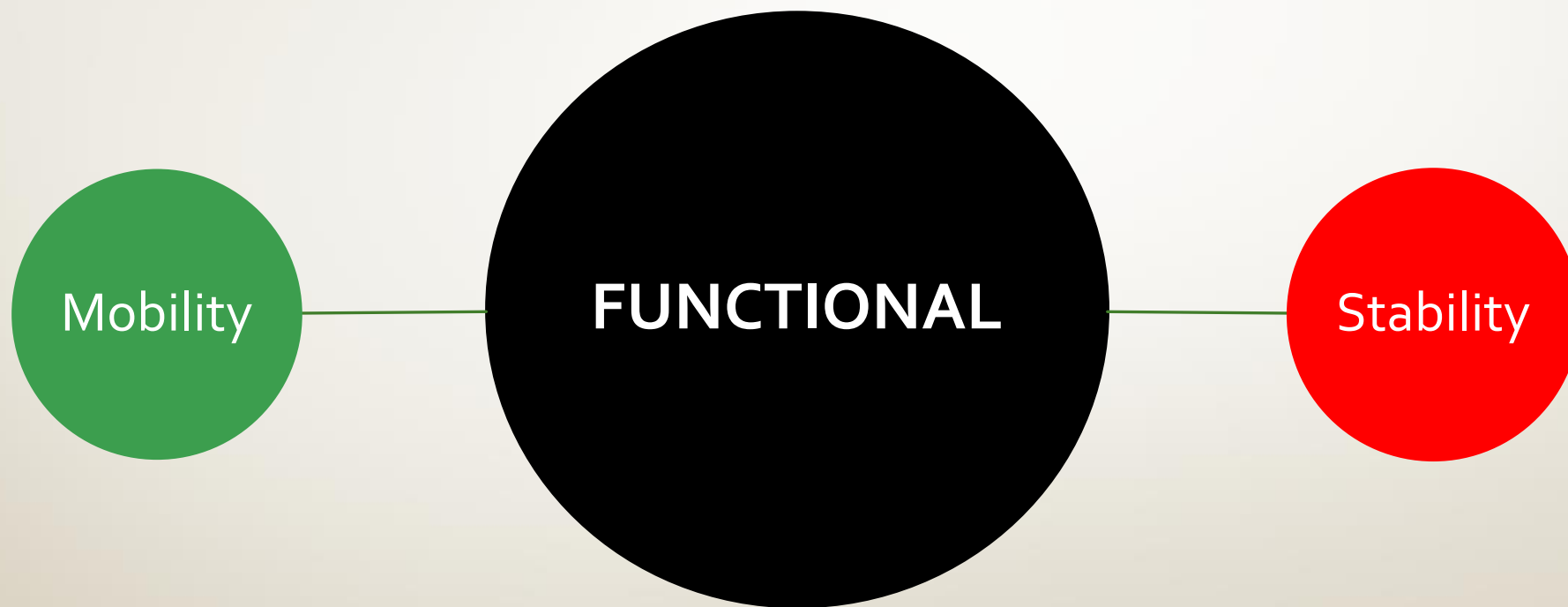


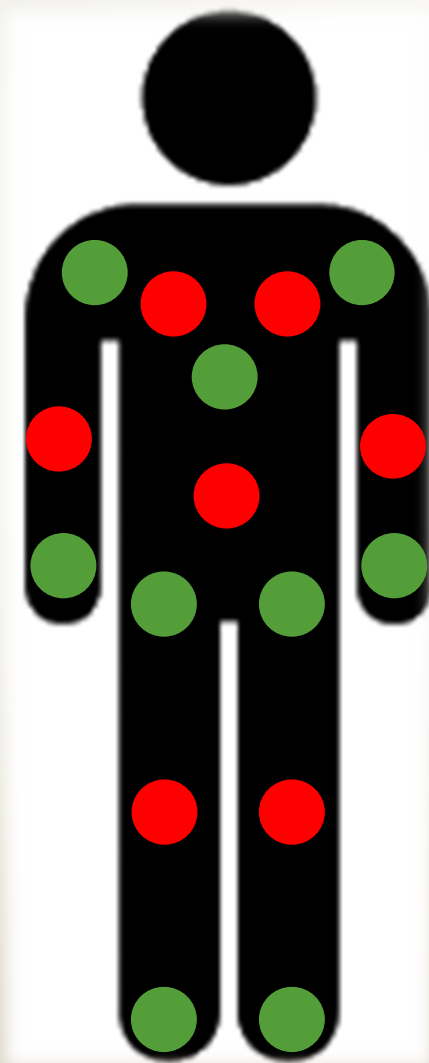


Upper Crossed Syndrome

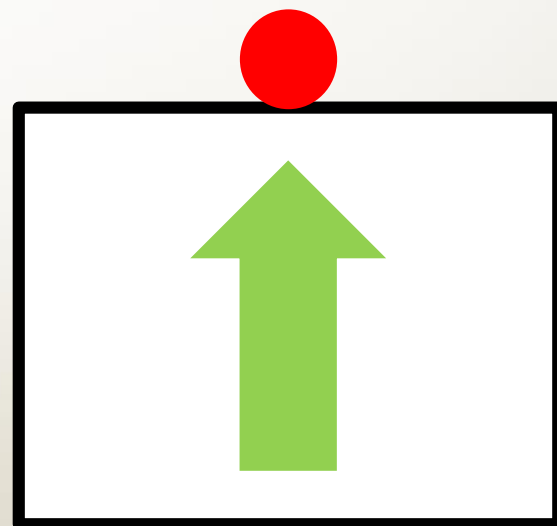
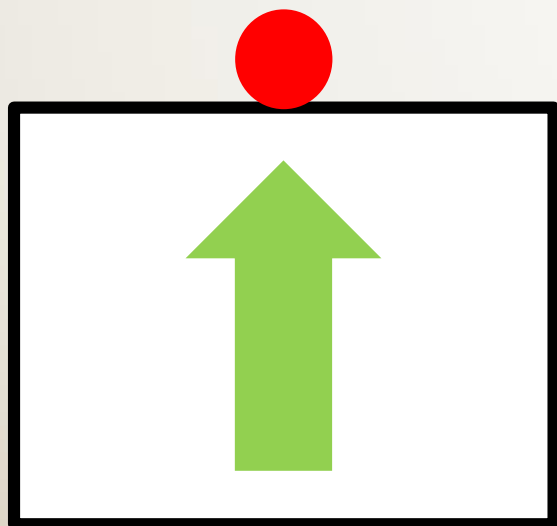


Lower Crossed Syndrome

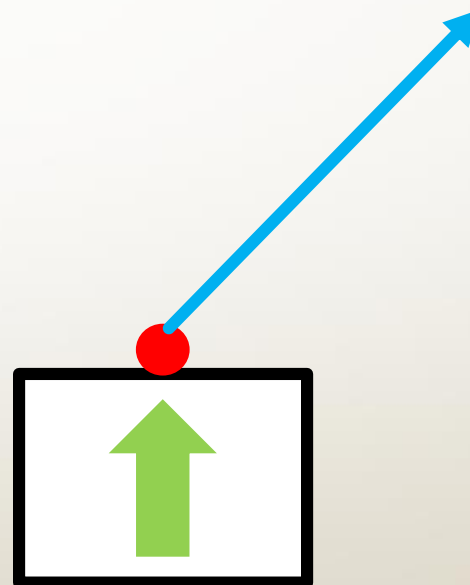
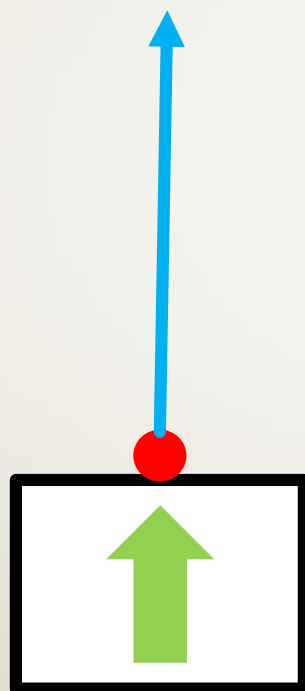


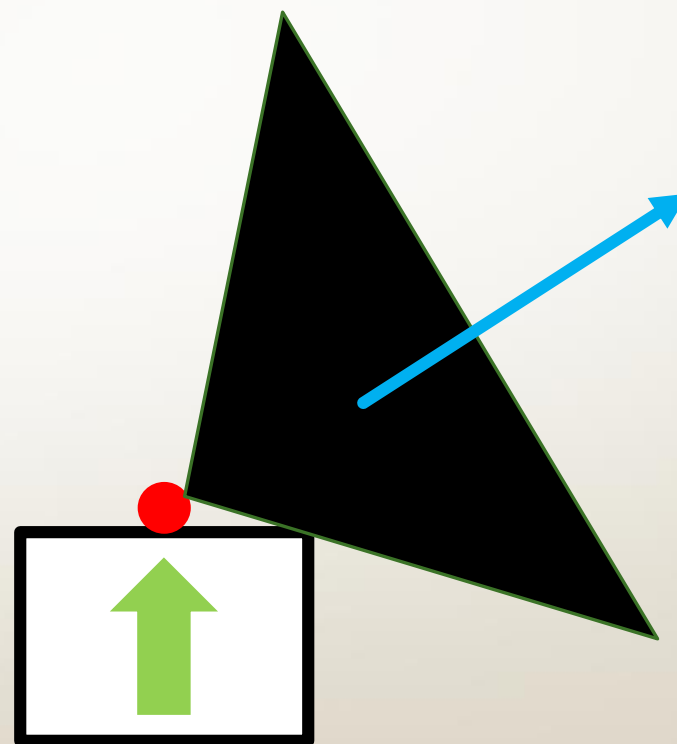
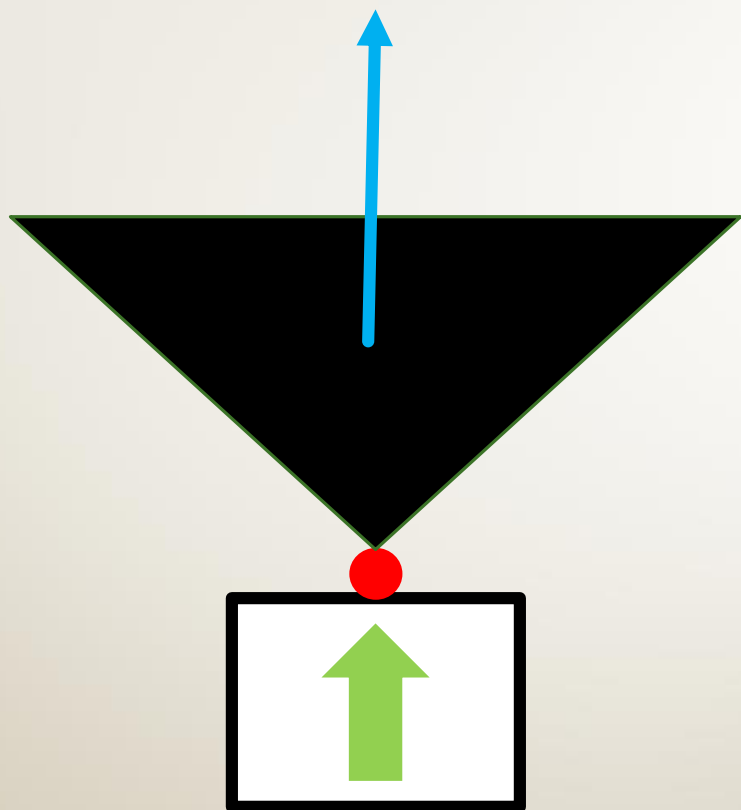


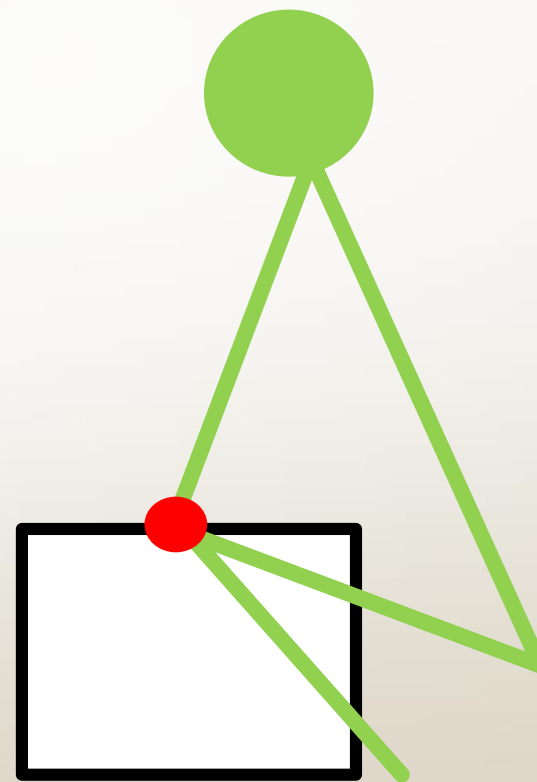
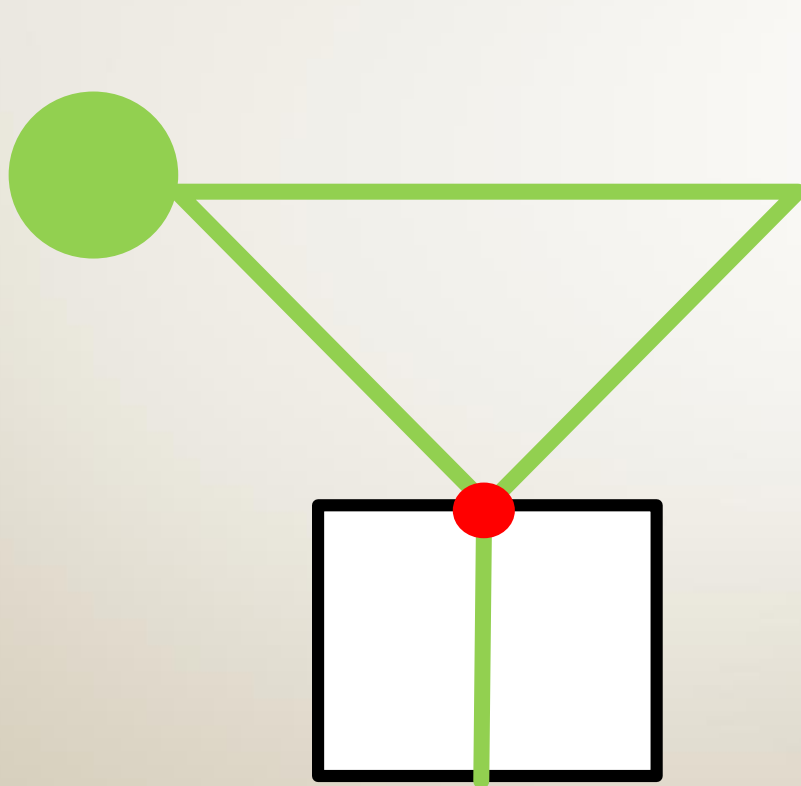


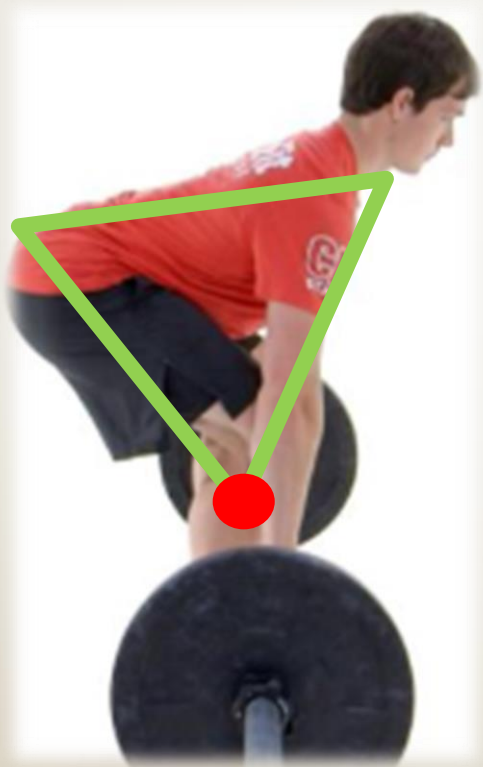








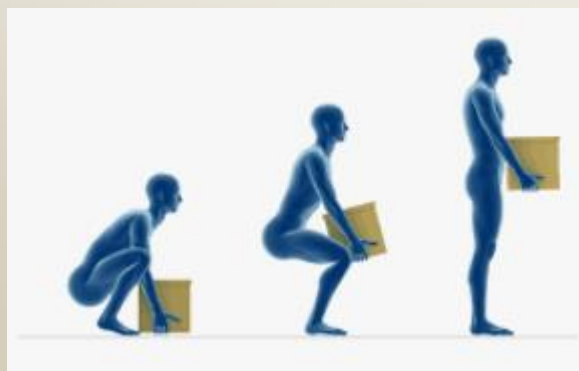
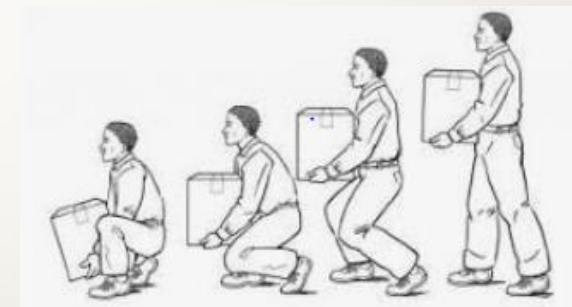




1.5x – 2.5x BW



1x – 2x BW



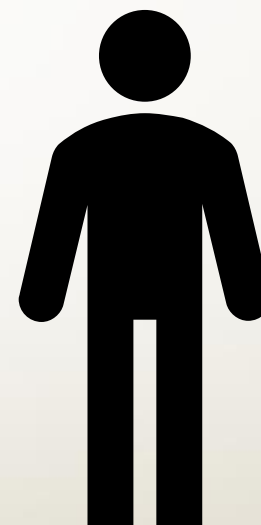


















Lower Body  
(LB)

- Seated

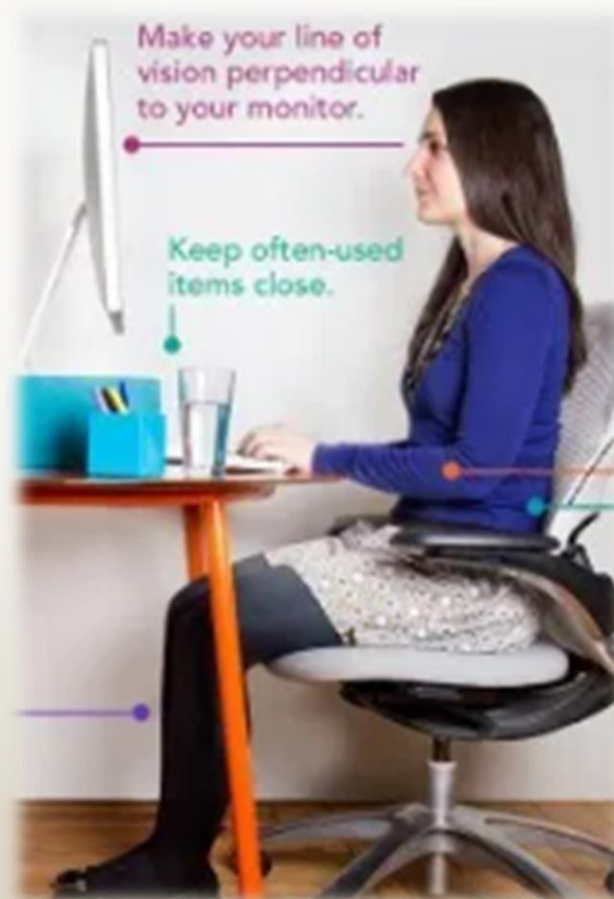
Upper Body  
(UB)

- Seated
- Standing

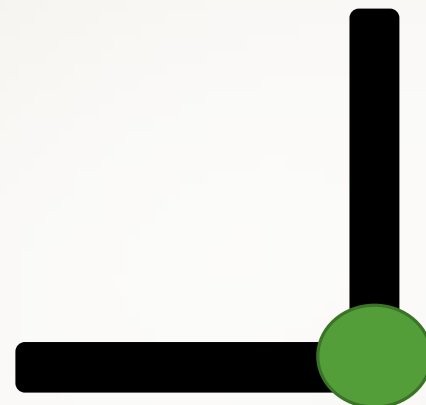
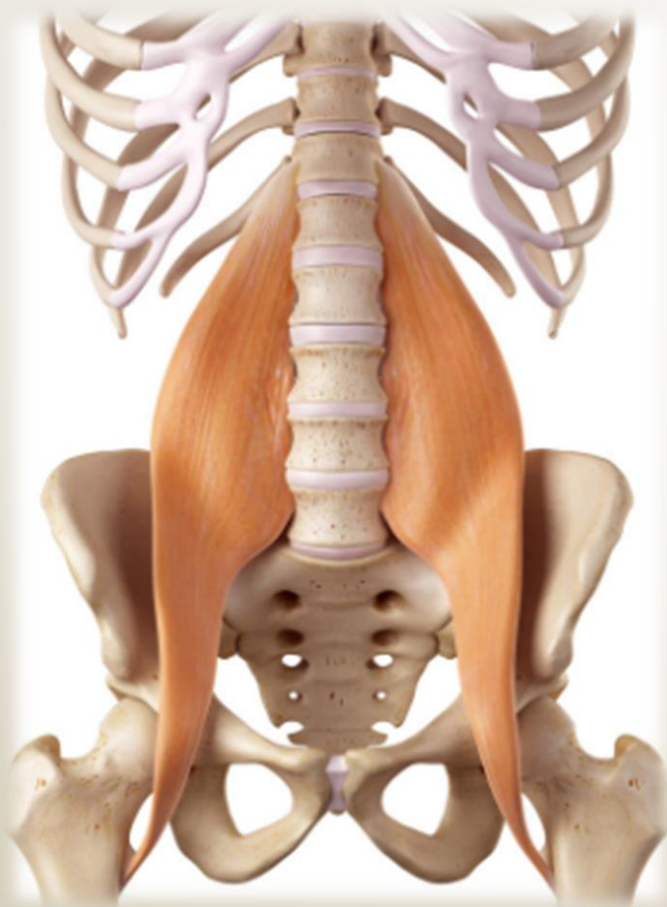
Total  
Body (TB)

- Seated
- Standing

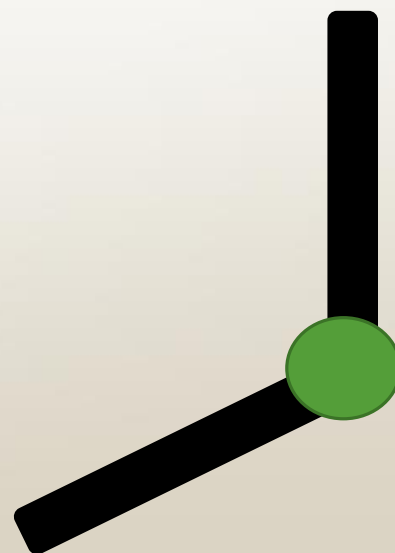




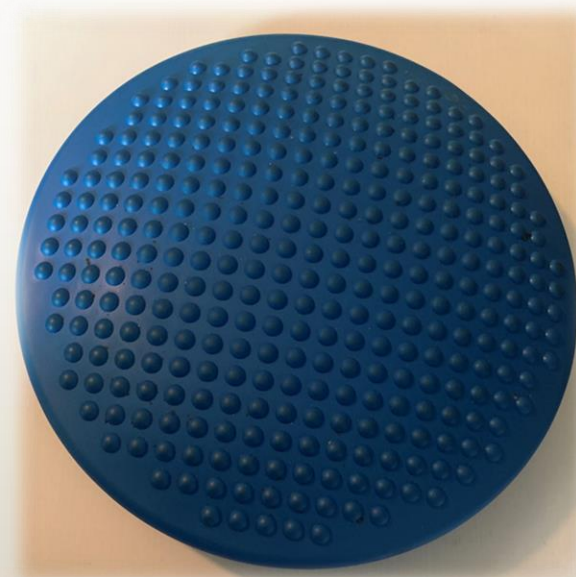
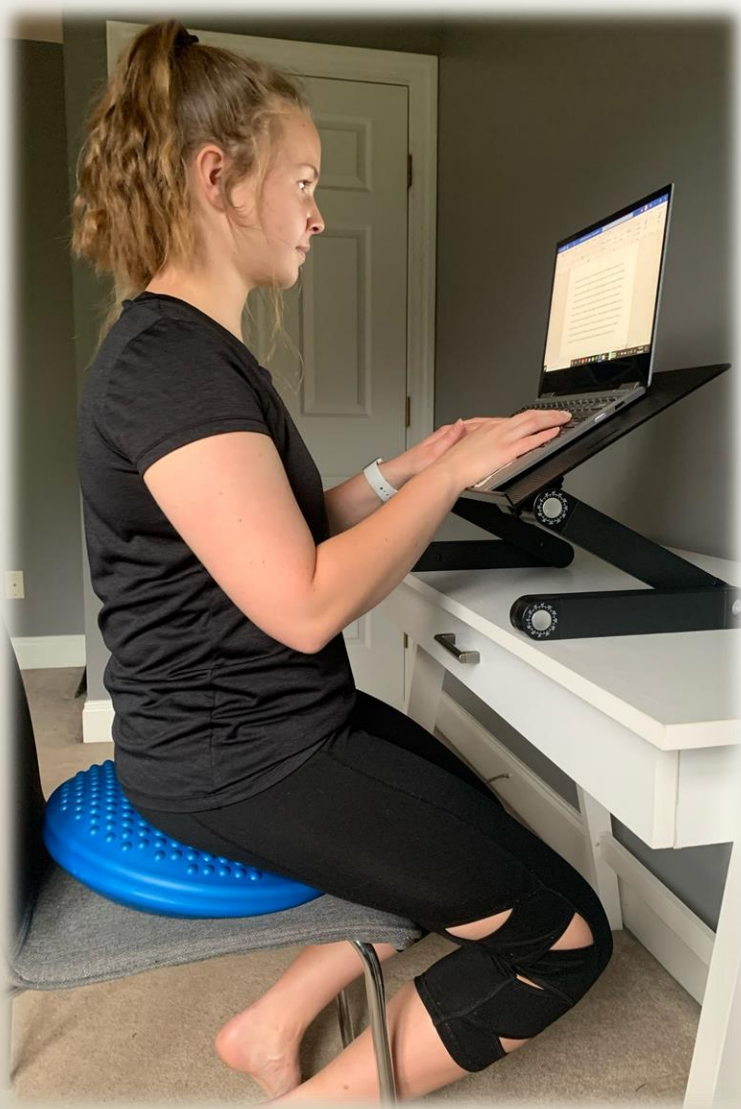


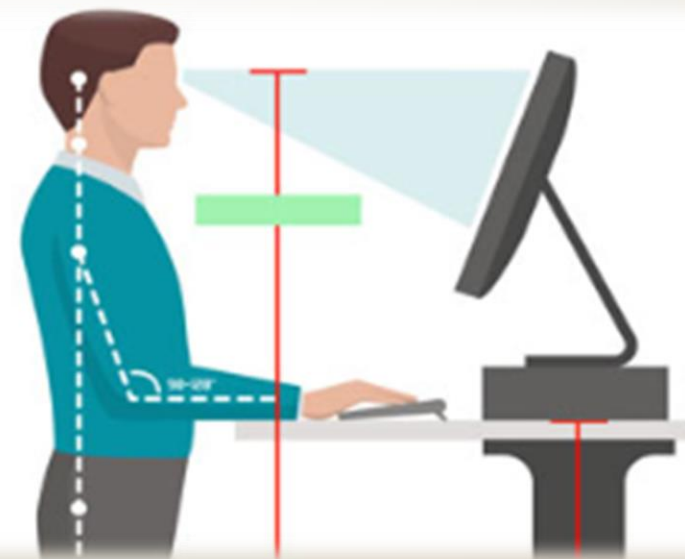
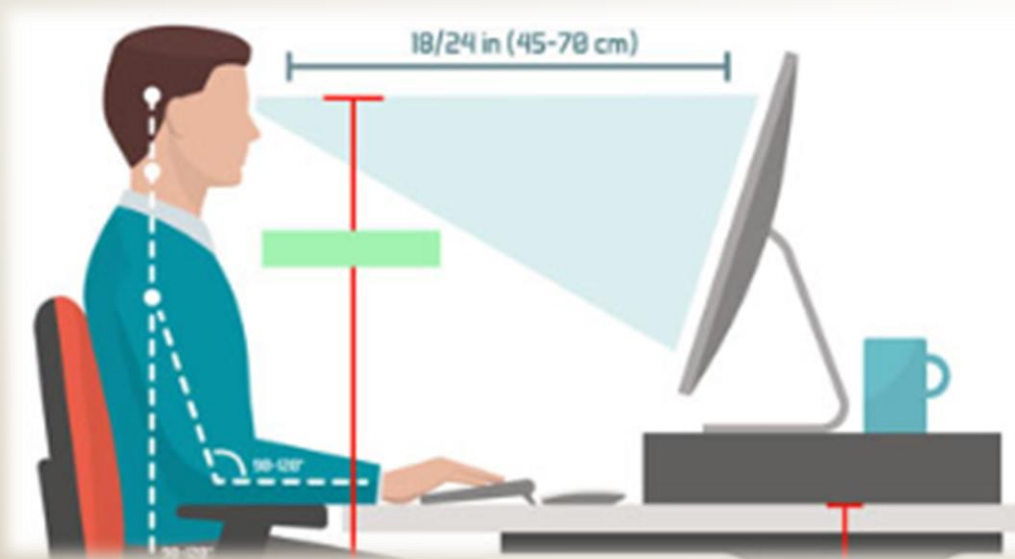


90° Angle



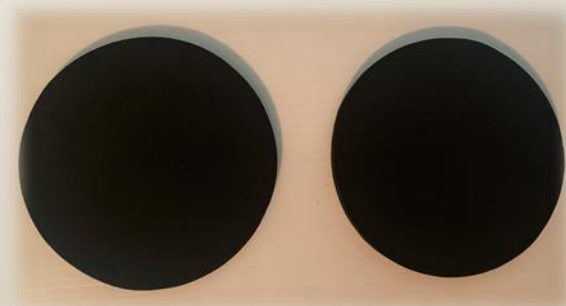
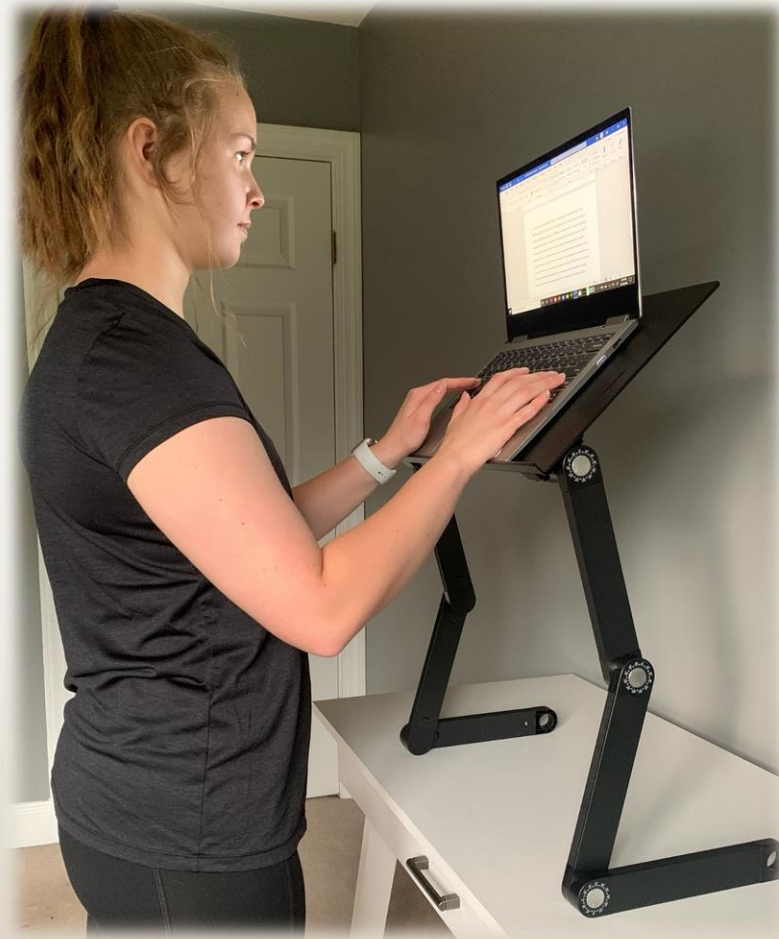
120° Angle



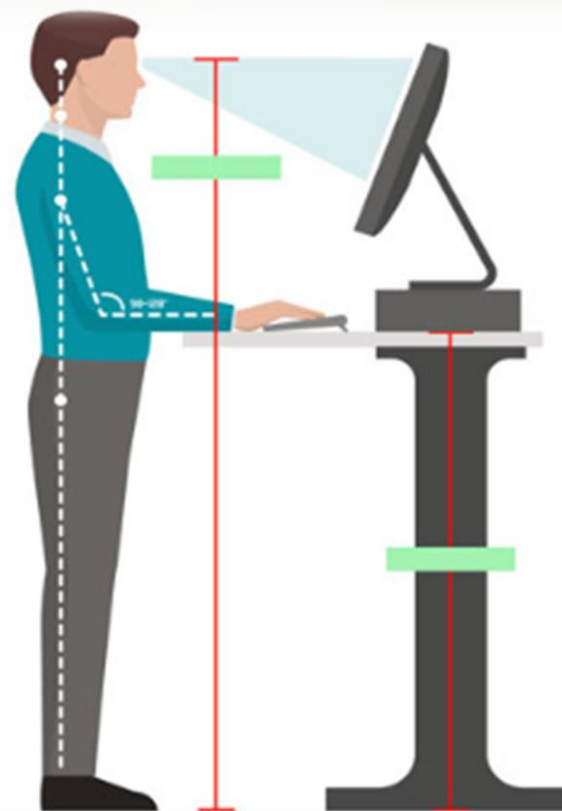
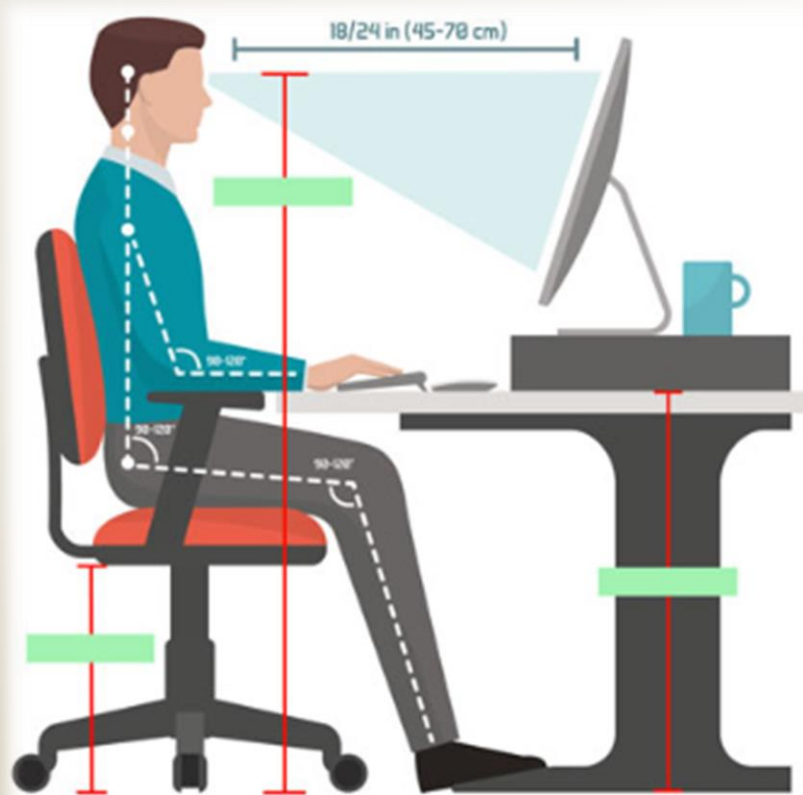


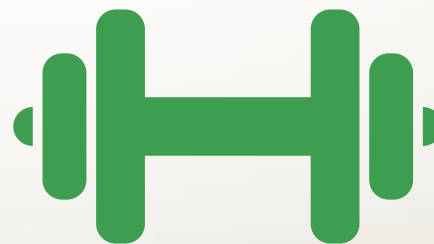


# UB Seated & Standing - Solution









- To save time and money, being proactive and having a system in place are the best practices when preventing MSD specific injuries
- Perform movement tests in order to maintain mobility, stability, and functional patterns when creating an ergonomic work space and warm up training program
- Be **Athletic** when lifting

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Thank You





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