



COST EFFECTIVE

According to one survey by the National Athletic Trainer's Association, for every \$1 invested in preventative care by an industry, they gained up to \$7 return on investment.

HOW TO GET STARTED

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OUR MISSION

To optimize the health status
of those we serve by providing
the highest quality,
value and service
while remaining financially strong.

For more information contact:



JOINT TOWNSHIP DISTRICT MEMORIAL HOSPITAL™

AN AFFILIATE OF GRAND LAKE HEALTH SYSTEM

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OCCUPATIONAL HEALTH



INDUSTRIAL SPRAIN/STRAIN CLINIC

ATHLETIC TRAINING



JOINT TOWNSHIP DISTRICT MEMORIAL HOSPITAL™

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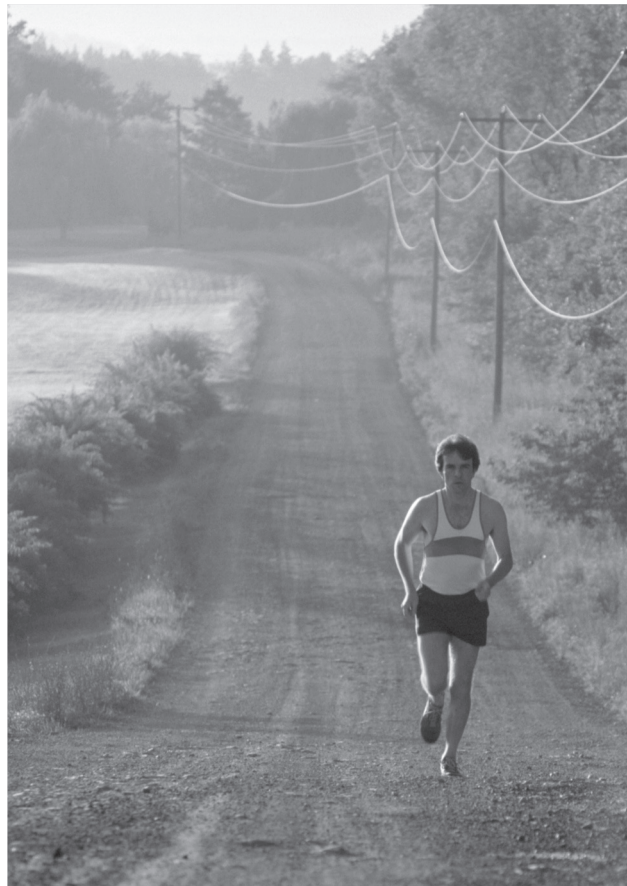


INDUSTRIAL SPRAIN AND STRAIN CLINIC

The Occupational Health Clinic at Joint Township District Memorial Hospital offers a sprain and strain clinic for the industrial setting. This program will benefit local industries by providing a certified athletic trainer to the job site to evaluate injuries.

The program can be individualized to meet the needs of every company. Times can be arranged to provide the same service to all shifts and can be set up as often as needed, from weekly to bimonthly.

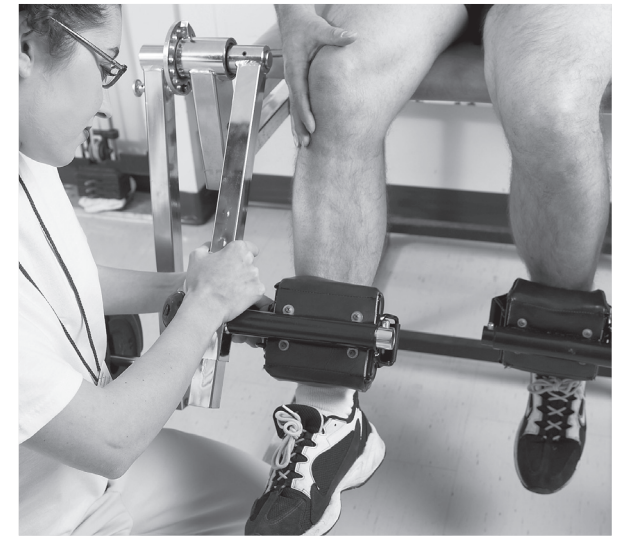
The program consists of the athletic trainer evaluating injured workers who have minor sprains or strains and making recommendations of stretches, strengthening activities, job modifications due to ergonomics issues, or recommendation for further evaluation by the occupational health physician.



ABOUT ATHLETIC TRAINING

The Certified Athletic Trainer is a highly educated, skilled professional specializing in athletic healthcare. In cooperation with physicians and other allied health personnel, the athletic trainer functions as an integral member of the athletic healthcare team in secondary schools, colleges and universities, sports medicine clinics, professional sports programs and other athletic healthcare settings.

Athletic Trainers have been recognized by the AMA (American Medical Association) as an allied health care profession since 1990.



WHY ATHLETIC TRAINING

Industrial employees – *sometimes referred to as industrial athletes* – benefit from working with athletic trainers because the physical nature of their jobs makes them susceptible to musculoskeletal injuries. Athletic trainers working in industrial settings are skilled in the implementation of injury prevention programs, ergonomic assessment, work-readiness conditioning, health and wellness programming, on-site physical rehabilitation, case management and return to work programs – all of which are helping big name organizations save time and money by reducing workers' compensation claims, sick time and overall duration of injuries and illnesses.