Shift Prep! – Joint Stabilization© & Stretch Breaks!©

Outcomes & Testimonials

Commercial General Contractor:

Personal story from a Construction Safety Liaison about the benefits he is seeing from Shift Prep! - Joint Stabilization© in only 3 months.

“I have received good feedback from the participants. {And} I wanted to pass along that the muscle warm up is going fine, and not just for work. I have been using it before mountain biking, (no extra reps. Using it for recreation is similar to work in the need to get the body going after jumping out of the car) and just this weekend before an off road triathlon! I have not been jogging for a couple of years due to torn cartilage in my knee, but believe that the movements of the program have strengthened it enough to allow me to start again. I plan on continuing using it for the cyclo-cross bicycle racing season that will be starting in the fall. Thanks again, and take care.” - George Beilstein, Safety Liaison, Lease Crutcher Lewis Portland

Commercial Flooring Contractor:

"Everything is going well and the guys feel equipped each day for their tasks both mentally and more importantly physically! Once again your program I believe is ahead of the curve and needs to spread out through the entire workplace. I’ve personally handed out several of your business cards with a highly endorsed message of what it has done for D9 and will continue to do so!!" - Mark Anderson, Installation Manager, Division 9 Flooring

Commercial Electrical Contractor:

1 year after both Shift Prep! - Joint Stabilization© and Stretch Breaks!© programs were implemented, for a commercial electrical contractor:

“Things are going great we have had only one orthopedic injury sense the inception of the program.” - Blake Decker, Safety Director, Elcon Corporation

The first mini pilot study on the program with a construction company in 2009:

Pre- & Post- measures on 9 participants.
Measures were symptom surveys for all body segments, active range of motion (neck flexion/extension/side bending/rotation, shoulder flexion/external rotation/internal rotation/horizontal abduction, low back flexion/extension/side bending/rotation), then ratings on value of program.

- Out of 9 participants, 100% reported less/no pain in 1+ body parts
- Out of 9 participants, 4 people had significantly improved motion; 4 people had no change (started with full motion, so no improvement able to be detected); 1 person less (reportedly slept funny)
- Out of the 4 participants with improved motion, 20 body parts/joints had improved motion
- Out of 9 participants, 7 recommended the program, 1 neutral, 1 no

Commercial Bridge & Road Contractor:
“Shift Prep and Stretch Breaks Have SAAAAAVED our aging work force! Thank you so much for contributing to the health and wellbeing of our workforce. Your programs are great and were very warmly received... I feel strongly that your success is driven by who you are; your vivacious personalities, the intelligence and experience you bring, and perhaps the most valuable element is your natural abilities to connect with our diverse work force, which is no small challenge. I appreciate you.”

*Later reported.... “Our strain/sprain injuries are down ~60% and we have had significant reductions in slip/trip/fall injuries!”* - Bruce McGaw, Safety Director, Mowat Construction

Commercial Concrete Pre-cast Company:
“We have gone 443 days without an injury here. We credit your exercises {Stretch Breaks! & Shift Prep! – Joint Stabilization} - which they are still doing every day - with helping make this happen. Our recorded accident history goes back to 1988, and this is a first!” -- Judy Jewell, Owner, Olympian Precast Inc.

Commercial General Contractor:
“The program is working well and more workers have joined in than we had initially so I think it’s a good thing!! We’ll roll it out at another project when I return from vacation. Thanks for your great coaching!!”

*Later reported... “We have had no {soft tissue} injuries between mandating the program in 2009 and now (January 2011)!”* - Rob Parker, Safety Director, Lydig Construction Inc.

Commercial General Contractor:
“In the 2 months since we rolled out the Shift Prep! – Joint Stabilization program, we have not had one sprain/stain incident compared to the same time period a year ago where we had three. We look forward to rolling it out again at the start of our next large project.”

Steven Brennan, Safety Director, Lease Crutcher Lewis
Commercial General Contractor:
“After doing your warm up program for only 2 weeks, my back pain has already practically gone away.” -- Laborer, Bayley Construction

Commercial General Contractor:
“The Shift Prep program that ErgoFit implemented with our company has provided our crews with a top notch, dynamic warm up that has proven to be effective throughout all of our projects, bringing positive attitude to the health and well being of all workers. This program offers the cutting edge in injury prevention and joint stabilization, ultimately improving the quality of personal health both at work and at home. We have seen a decrease in strain / sprain injuries and improved morale. We all look forward to the tremendous benefits that will be obtained for years to come, as we continue to utilize this specialized warm up program.” - Rhett Carpenter, CHST, Safety Manager, Bayley Construction

ErgoFit Consulting’s Train the Coach Workshop is their version of a train the trainer program. A select group of YOUR employees will learn the basic mechanisms of soft tissue injuries and how the Shift Prep! – Joint Stabilization© and Stretch Breaks!© programs address those underlying mechanisms.

Further, your Coaches will learn how to modify each activity in the program for those with aches or injuries. They will undergo a written and practical exam and will assist the ErgoFit Consulting trainer during the Live Kick-Off Training which lends credibility to your Coaches.

Our trainers are available to the Coaches to offer assistance with any challenges they are facing. Monthly, then quarterly conference calls with the Coaches helps keep the momentum going that is needed for cultural change.

This approach has proven to be the most successful, because without it, the excitement and dedication can quickly dwindle. Also, holding the Coaches accountable to being assistant instructors at the kick-off lends itself toward them taking this initiative seriously.

Furthermore, having employees on site who know how to teach the movements and how to explain the benefits of them to the rest of your workforce goes a long way toward ensuring successful implementation.