

# **CASE STUDY:**

# Lowering the risk of injury with wearable sensors

Guide dog school improves functional movement with customized wearable wellness program



An industry-leading guide dog school was experiencing an increasing number of work-related musculoskeletal injuries shortening the length of their trainers' careers. The company was struggling to retain trainers longer than five years and losing significant money due to the costly nature of training new team members.

### **Briotix Health Solution**

A Briotix Health provider designed a customized worker health program with goals of retaining employees and optimizing trainer performance. The comprehensive program included wearable technology, personalized wellness, and one-on-one job coaching.

## Wearable Technology



The program rolled out with wearable sensor evaluations of the physical demands of each trainers' jobs and the completion of individualized fitness testing. Knowing the trainers' job demands, health, fitness, and movement abilities was key to the success of the program.

## **?** Personalized Wellness



Based on the collected data, the Briotix Health provider designed customized, holistic wellness plans for each trainer. The plans included mental health, nutrition, cardiovascular conditioning and movement, and strength training components.

### 3 One-on-One Job Coaching



The provider then worked with each individual trainer in one-on-one coaching sessions delivering personalized recommendations to reduce risk of injury given their current functional capabilities.

### **Results**

Over the eight-week program, participants experienced significant improvements in their functional movement and risk for chronic illness. Improved overall health and functional movement are related to decreased risk of musculoskeletal injury.





To learn more, visit: briotix.com/specialized-solutions

Due to the success of the 8-week program, the company expanded the role of the Briotix Health providers to include our comprehensive Industrial Sports Medicine™ service line.