



BackAbility®

Building a solid foundation for a lifelong healthy back.

- ◆ 80% of adults in the U.S. experience back pain at some time.
- ◆ 90% have recurrent episodes, 35-45% develop leg pain, which takes longer to resolve.
- ◆ There are 10 million people off work any given day in United States due to back pain.
- ◆ Back pain is the most common cause of limited activity in people under the age of 45.

BackAbility® was developed to keep people from becoming just another statistic. Most people feel WARNING SIGNALS before developing a major back problem. Understanding what the warning signals are and learning effective Tools To Fight Back® prevents them from developing into more serious problems, while strategic strength and conditioning provide a margin of safety against common low back risk factors at work and home. BackAbility® can be a return to work or full duty program, a wellness program for people with minor recurrent back episodes or for those who just want to prevent problems. Experienced physical therapists and exercise specialists share their knowledge and expertise in this 1-2 times per week, 6-8* week program consisting of:

Education/Exercise/Body Mechanics/Problem Solving

Goals: Employees and clients learn to identify and react effectively to warning signals. They will improve their posture, body mechanics, flexibility and strength while learning how to keep their spines healthy with a special emphasis on maintaining intervertebral disc health. Each component of the program has a specific goal:

- **Pre Questionnaire:** identifies lifestyle and individual risk factors to customize the program to the physical demand requirements of the employee's job and overall lifestyle. Also identifies those employees that need physician permission or screening prior to starting.
- **Introductory Class:** lays a foundation of work and lifestyle specific posture, body mechanic, and exercise advice and training. The physical pre-test is administered.
- **Pre-BackAbility® Test:** identifies postural habits, body mechanics, flexibility and strength, providing baseline measurements of an employee's current spine wellness.
- **Exercise Classes:** the first class starts with core exercises and body mechanics and each week new exercises and activities build on this foundation. Each class also highlights an area of concern such as lifting, desk or computer work, driving, housework, recreation, etc.
- **Post-BackAbility® Test:** measures progress as compared to the pre-test. This can be expanded to measure an employee's physical capabilities as compared to physical demands.

Participant Comments: "Really opened my eyes to the importance of body mechanics, Now I can do hard physical labor without hurting my back." "Now I understand what to do when my back feels fatigued and I am able to prevent the episodes I used to get on a regular basis." "My back feels great, able to resume golf, play with kids, now I understand how to take care of it. Thanks! "My back used to go out every time I shoveled snow, but not any more thanks to this program."

Over an 8-year period during which BackAbility® was a regular part of Ethicon's prevention program, there were no back surgeries (i.e., multiple surgeries in the years prior). The medical director stated, "We have not had to my knowledge a serious low back injury in some time, that is, a back injury requiring prolonged disability or surgery or that type of intervention. And I think a large measure of that is due to the healthy back program (i.e. BackAbility®) used by Wayne Rath and his associates."

For More Information Contact: wayne@duffyath.com (include BackAbility in the Email Heading)