

# Prevention and Effective Management of Musculoskeletal Disorders (MSDs) within the Workplace

Musculoskeletal conditions are a costly and growing problem.



A happy, healthy and engaged workforce results in a healthy business. **8.9m working days were lost in 2016/17 due to work-related musculoskeletal disorders.** Source HSE

## Connect Health's Occupational Health Physiotherapy model:

- Provides a **proactive approach** to employee health and wellbeing
- Is **focused on preventing problems** and expertly managing MSD
- **Reduces the impact** on both the employee and the employer

## The problem

### IMPACT OF MSD ON PRODUCTIVITY



MSD **2nd biggest cause** of days lost in work after cough and colds



That accounts for

**22%**  
OF SICKNESS ABSENCE

Source: Public Health England



MSD conditions cost the UK an estimated **£7 BILLION A YEAR**

### Impact of MSDs

- Employees in pain, adversely **impacting on health & wellbeing**
- Presenteeism/reduced productivity and **poor performance**
- High levels of **sickness absence**
- High costs, **decreased profitability** and **potential litigation**

"Connects' onsite physiotherapy service was effectively & efficiently implemented and resulted in a 40% reduction in absence from work due to musculoskeletal disorders, within the first 4 months of service." **Amanda Knowles, Previous HR Manager, Fox's Biscuits**



# The Solution

**Proactive** workplace risk assessment and prevention of MSD

Engagement, training and education in effective MSD **management and prevention**

Promotion of health and wellbeing – **in and out of work**

## THE CONNECT OCCUPATIONAL HEALTH PHYSIOTHERAPY MODEL IS FOCUSED ON:

Specialist **treatment** and **rehabilitation** that empowers the employee to understand, manage and prevent the problem

**Innovative MSD solutions**, including digital, telehealth, self assessment, bespoke exercise videos

## Benefits of the Connect MSD service

**“£13 saved for every £1 spent on absence reduction and prevention”**

**United Biscuits**

### REDUCE AND PREVENT MSD sickness absence



Reductions of **40%-70%** demonstrated

### Employee engagement and satisfaction

Consistently high satisfaction

**90%+**

### SIGNIFICANTLY REDUCE COSTS

Minimum of **£4 saved for every £1 spent**



**1:4**

**“Connect has provided a professional on-site service for over 10 years. They are flexible to the needs of the business and provide a first class treatment. As a result, the service far outweighs the cost, with savings of £40-50K made every year.”** **Christopher Fairs, Human Resource Manager, Caterpillar**

## WHY CONNECT?

Connect is one of the largest occupational health physiotherapy providers in the UK

**1**

### Established track record

We work with over 130 businesses and 19 NHS contracts, using employed staff, with over 25 years experience, see case study library [here](#)

**2**

### National Coverage

We manage cases onsite or remotely via PhysioLine service, backed up by our dedicated PhysioPartner Network

**3**

### Occupational Health Physiotherapy Specialism

Wide ranging customer portfolio covering almost every business sector

**4**

### Quality

All our OH Physiotherapists are Chartered Physiotherapists, members of ACPOHE and registered with the Health Care Professionals Council

**5**

### Core Values

Our values are: people centred, pioneering, quality, dynamic