

# Is your team dealing with nagging pain and discomfort?

No one should have to work through pain.

Pain affects quality of life as well as productivity and focus, especially when employees are stressed. For employers, that means turnover, high costs, and lost work days.

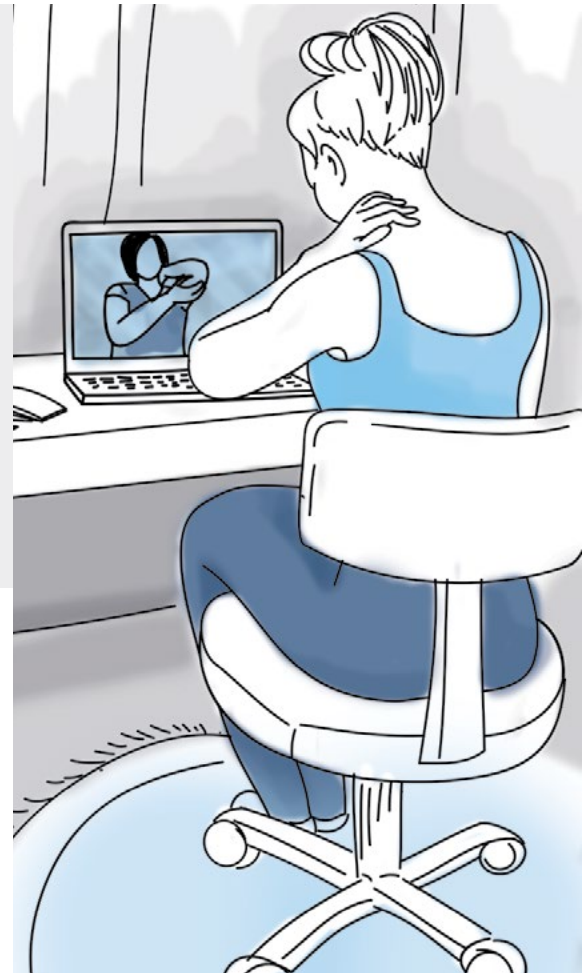
## **DORN's Self-Care Plus helps employees stay pain-free and engaged. Just 2 weeks delivers immediate results and ROI.**

- Connect employees one-on-one online with certified massage therapists who specialize in relieving pain and discomfort in the back, shoulders, neck, arms, and wrists
- Evaluate individual employee workstations at home or on company property for ergonomic risk factors that cause pain
- Boost employee morale, improve focus, and keep employees engaged while relieving pain and discomfort

## **How does it work?**

This short-and-sweet program packs a wealth of useful ergonomic knowledge and self-care techniques into **4 easy 30-minute online sessions**, helping employees set up ergonomically safe workstations, care for their bodies, and address aches and pains before they become injuries.

- **Session 1:** Assess ergonomics in environment and individual workstation setup. Introduce first set of self-care massage techniques.
- **Session 2:** Learn additional exercises and massage techniques to relieve specific types of pain and discomfort.
- **Session 3:** Review first rounds of exercises for proper technique and introduce last set of techniques.
- **Session 4:** Review full set of techniques and evaluate the employee's body mechanics as they relate to their job functions and daily life. Employees walk away with personalized safety and wellness plans.



## **Self-Care Plus**

by DORN Companies

Contact DORN today to set up your 14-day virtual training program.

(888) 870-8828

[info@DORNcompanies.com](mailto:info@DORNcompanies.com)

[www.DORNcompanies.com](http://www.DORNcompanies.com)