



CASE STUDY

Using Symmio to Prioritize Health, Wellness & Performance

Law Enforcement, firefighters and Military

The Challenge

Law enforcement and firefighters operate in high-stress environments that demand peak physical and mental well-being. Unfortunately, the current healthcare model is reactive rather than proactive, often failing to provide systematic guidance for these tactical professionals to maintain their health and fitness. The lack of effective return-to-work protocols and the prevalence of preventable injuries contribute to increased time loss, reduced productivity, and rising compensation costs.

\$240B

Lost every year
to MSK injuries

Military Study

In a study of 449 soldiers returning to duty after injury, after being cleared to return to unrestricted full duty:

- 25% did not feel fully mission capable.
- 99.8% presented with at least 1 dysfunctional movement pattern.
- 37.0% had dysfunction with 9 of the 10 movement patterns.
- 44.1% had pain with at least 1 of the movements.
- 79.5% demonstrated asymmetry with movement from side to side.

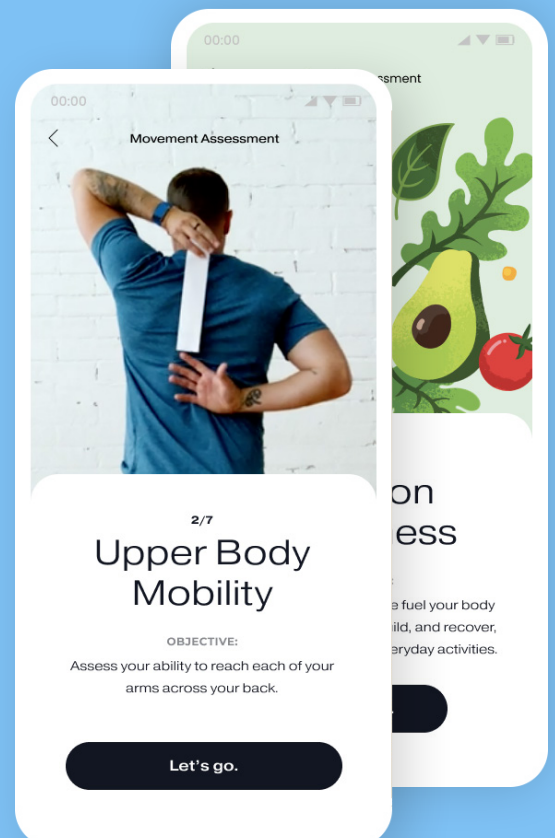
Solution

While extensive efforts are being made to keep tactical professionals fit for duty, it is difficult within the current parameters of health and fitness. Changing that situation will require a systematic approach to wellness - the maintenance of health and the foundation of fitness.

Your responsibilities demand a system that accurately identifies and acts on health concerns while also recognizing and managing risk factors before they manifest as harm, illness or injury. It should provide the proactive, systematic guidance that your population requires to remain healthy, active and fit.

Functional Wellness

Functional wellness is a proactive process of comprehensive screening that brings awareness and understanding to health problems and injury risk factors and provides guidance for their management while observing and re-screening the progress of the whole person. This process is not adverse event driven like the current healthcare model, and provides a snapshot of officer wellness at regular intervals.



What do we look at?

Our system evaluates and considers multiple research-validated factors simultaneously to accurately identify and categorize individuals at greatest risk in the following areas:

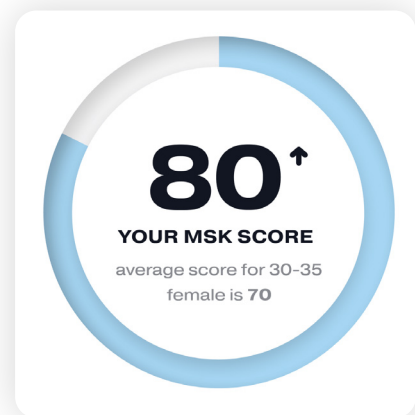
- 1 **Movement Assessment:** Seven fundamental movements directly impacting quality of life are scored based on mobility, stability, and posture.
- 2 **Lifestyle Assessment:** Seven aspects of MSK health including daily habits, mental health, and emotional health are evaluated for their impact on overall health and wellbeing.

Assessment scores are used to categorize individuals based on risk and impact to their wellbeing, with the most vulnerable participants identified for priority intervention.

Program Highlights

Testing & Personalization

Digital tools help assess an individual's current performance. Symmio provides personalized corrective programming for all participants along with retesting schedules unique to each focus area.



High-Risk Prioritization

Testing and performance data provides insights that help providers prioritize care. Higher risk participants are identified for immediate intervention and provided access to transformational tools.

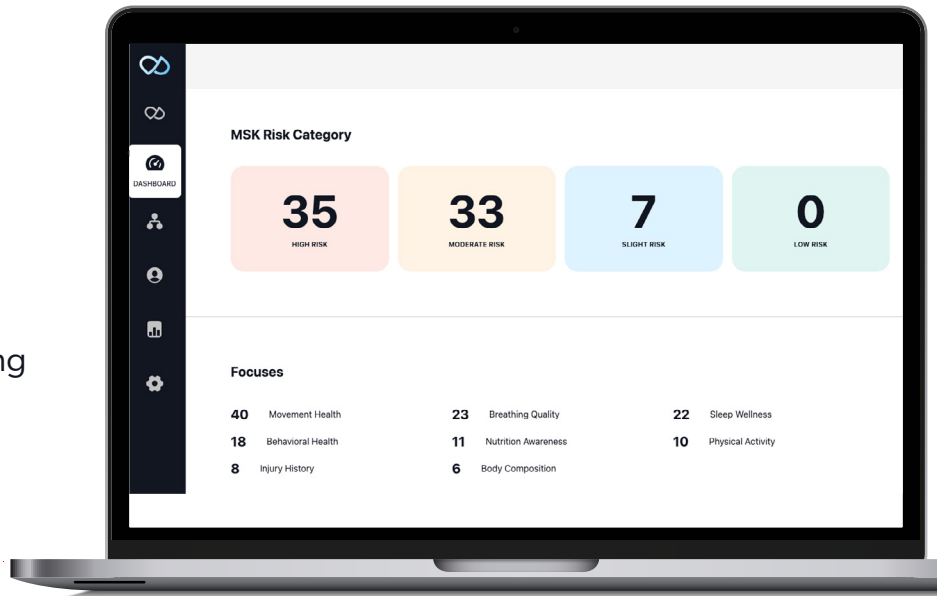
Curriculum & Content

Symmio is loaded with digestible content written by experts in their field. Tips and recommendations, educational articles, and strategies for habit building comprise an expertly crafted curriculum to keep people engaged.



Risk As Opportunity

Risk isn't scary, risk is empowering. Awareness of risk factors is an opportunity to intervene and prevent a future illness or injury. Determining the level of risk is the first step in recognizing who needs help, and at which level of care. Our screening will place each participant in one of four categories:



High Risk

Immediate and urgent intervention is needed due to severe and complex health and mental wellbeing issues.

Moderate Risk

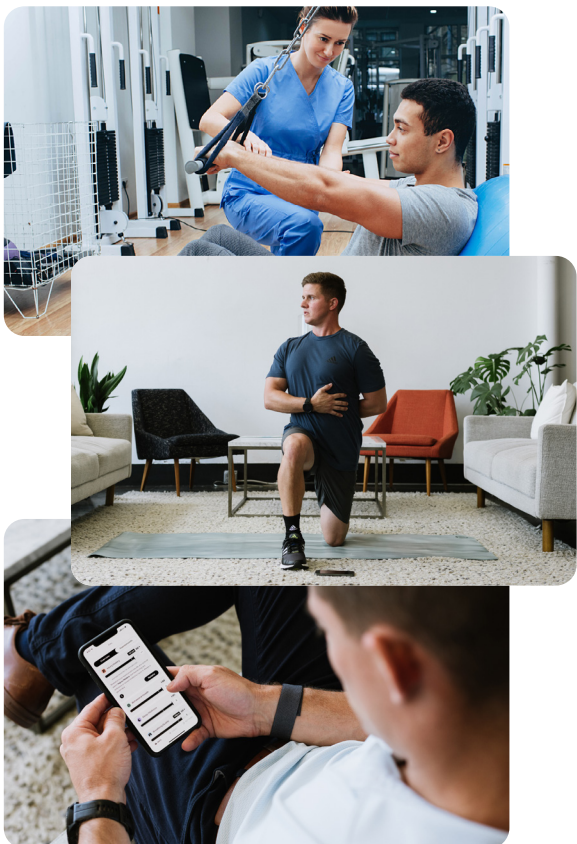
There are notable health concerns that need attention to prevent escalation, but there is still time to manage them proactively without immediate crisis.

Slight Risk

Overall health is acceptable, yet there are lifestyle factors related to fitness and wellness that could be improved to prevent future health risks.

Low Risk

Health, wellness, and fitness are at or above standard levels, presenting a minimal risk of health issues developing soon.



What do we do with the information

For high-risk persistent problems, we facilitate and recommend referrals to appropriate healthcare providers. For all other categories simply following the Symmio recommendations and making appropriate efforts to seek change will lead to overall improvements.

Individuals will first be protected from current risk factors by appropriate programming changes. With stabilization of risk, corrective endeavors will be recommended progressing to removal of risk factors. Scheduled rescreening measures progress and establishes baselines for comprehensive impact of changes.

Case Study: Cardinal Glass



Over the Course of a 12-month industrial installation, our Functional Wellness model proved to be a valuable investment:

60%

of participants reported a decrease in pain associated with movement

70%

of employees improved overall MSK health

32%

decreases in the number of employees testing in the high and moderate risk categories

Sprain/strain related incidents requiring first aid steadily declined

with a 75% decrease from 2018 to 2022

Workers' compensation costs declined by 97%

from \$226,221 in 2016, to \$7,000 in 2021

(*As of Q2 2022, the company has incurred \$0 in these expenses)

Proactively identified many behavioral health needs through early detection, encouraging interventions that made a positive impact.

Scalable Solutions

Functional Wellness demands an individualized approach. Segmented data from comprehensive screening is algorithmically distilled into a clear action point that, when followed, will produce the largest impact on individual safety, health and wellness today. The system keeps you on track as you progress and reduces pain, boosts productivity and improves mental health.



Who we are



After developing a standard operating procedure for movement screening (FMS) that increased the efficiency and effectiveness of movement professionals, we were faced with the reality that every case isn't a success. In those cases, our system pushed us to find a reason behind the issues and we often identified behaviors or other lifestyle factors that complicated movement rehabilitation and correction. Learning to manage these wellness issues through guidance and referrals improved physical outcomes.

FMS movement screens and assessments are used and trusted by professional and collegiate sports teams and organizations worldwide.



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