



Summer 2006 Newsletter

President's Address:

“April Showers Bring May Flowers?” Or in Vermont in 2006 it brings more showers, tall grass, and hopes for sunshine soon!!! Well, the anticipated spring newsletter has now turned into the Summer Newsletter. IHMS had a very busy winter and spring. Our Training Center had its first Ergonomic Train the Trainer class; we have expanded our services to Goodrich in Vergennes, Wyeth Research in Chazy NY, and Stonyfield Yogurt in New Hampshire. Sue Trainor left to work at the City of Burlington, and Katie Brennan has been hired to take her place. Louise and Erica spent a week in Orlando, Florida in April. Louise taught “Ergonomic Residency” and Erica taught the “Functional Capacity Residency” for Roy Matheson and Associates. It was actually nice to spend some time in some sunny weather, and as always, we learned as much as we taught.

Finally, IHMS started “Water Tower Power Hour” on June 14th at noon. We will start sponsoring a monthly offering of some type of fitness/exercise sample to help the local community with kicking off a wellness and exercise program. The next “Water Tower Power Hour” will be on July 21, 2006, from 1-2 PM. Come join us for outdoor “Postural Yoga” instruction.

As always, thank-you for partnering with IHMS!!! Check out our upgraded website at www.ihmspt.com. We welcome any suggestions to improving this site.

-Louise Lynch, President

FEATURED SERVICE

The word is out—our work force is aging. The age of an average worker is now in the mid-forties. Many companies have more than half their work force over 45. The pool of younger people staying in Vermont is decreasing. These are all headlines that have been in the news in the last 6 months. What’s an employer to do???

We suggest that you keep the workers you have healthy and productive. Our **“Baseline Program”** aims at keeping employees focused on maintaining their health specific to their jobs.

What is a “Baseline Program”?

A “Baseline Program” outlines an employee’s current fitness level, determines deficits that make them prone to soft tissue injuries, and sets them up on a home program to reduce the deficits. This program was started between IHMS and the Agency of Transportation in District 7. The program was voluntary with a program goal of 75% participation. In the first year the participation level exceeded 85% and continues to grow to date. The areas evaluated include range of motion, strength (especially core strength) and cardiovascular fitness. Employees are retested every 6 months and awards are given based on progress.

Companies that have added this program include Engelberth Construction (just won the Gold Governors Award), Vermont Teddy Bear, and Green Mountain Coffee Roasters. These companies have combined the **“Baseline Program”** with their Safety and Health programs for a winning combination. For more information about this service, please contact our office.

TEAM MARATHON



Over the Memorial Day weekend, at the coaxing of Charles, IHMS participated in the Vermont City Marathon as a relay team. Louise ran the 1st 3.1 mile leg, Amy ran the 4th 5.5 mile leg, and Erica ran the final 5.6 mile leg. Completing the team were Philip Warner and Chris Lavalette (Amy’s boyfriend thanks to Engelberth!). Our team “Fat to Slim Chance” ran the marathon in 4 hours and 2 minutes—not bad for non-runners. And our young team (under 30) had me as the handicap—only one over 40 and out of shape! We had a great time and hope to try it again next year.

FEATURED COMPANY



Send the Creative Alternative to Flowers®

“Building A Healthy Workforce, 1 Person at a Time”

Vermont Teddy Bear is a Vermont icon. Their mission is “To make the world a better place...one bear at a time”. Vermont Teddy Bear is located in Shelburne Vermont, but 2/3rds of their bears are actually made in their facility in

Newport Vermont by some down to earth, fun woman and a few men.

IHMS has been working with Vermont Teddy Bear since August 2003. The relationship with Vermont Teddy Bear was initiated by the production department where the famous teddy bears are made by hand. The physical requirements were contributing to ergonomic injuries that was not only hampering production, but also limiting a healthy work force. Cathy Carlisle, Sharon Monet-Owens and Sue Schermerhorn were integral bringing IHMS onsite and in working with us to find a solution that would be specific to Vermont Teddy Bear work demands.

IHMS provided Preventative Body Maintenance and onsite physical therapy twice a week in Shelburne and twice a month in Newport. Employees were reluctant to use the services at first for fear they would be taken off the jobs they love, but very quickly began to build a relationship with our staff. We started an onsite stretching program, but employees quickly became involved to "upgrade" the exercises to an active dance routine, strengthening bands and a daily walk! Employees at VTB, especially in Newport, have been integral in advancing the injury prevention program.

Additional services provided include updates on the Job Analysis, Post Offer Screening, Ergonomic Consultation, Baseline Testing, initiating an incentive "Bear Bucks Program", and home exercise programs. This program has been so successful in Production (there has been no onsite treatment for soft tissue injuries for production in a year) that the program has been expanded to all other departments.

Testimonial:

The services offered by IHMS, including POPE screenings, PBM, on-site PT, and customized stretch & exercise routines have played an instrumental role in reducing repetitive trauma incident rates within the Production Department by more than 50% and corresponding claims costs by 80%.

"Working with the enthusiastic and knowledgeable staff at IHMS has been a rewarding partnership, which has surpassed all expectations. We look forward to further expanding their services to other departments at Vermont Teddy Bear."

-Cathy Carlisle
Director of Manufacturing
Vermont Teddy Bear

Nutrition Corner

WHY PROTEIN IS IMPORTANT WHEN IT COMES TO WEIGHT LOSS

The human body is mainly made of protein: your hair, nails, blood, bones, muscles, organs, ligaments, immune system and nerves are all made of protein. In the course of living, these tissues break down, wear out and must be regularly replaced and repaired. To do that job, you must provide your body with a steady supply of high-quality protein. If you skimp on protein in the mistaken belief that fewer calories of any kind will make you lose weight faster, you'll be severely disappointed. Clearly calories do count, but when you're trying to encourage your body to burn stored fat, skimping on protein foods works against you for three important reasons:

1. Protein keeps your metabolism rate high.
2. Protein satisfies your appetite.
3. Protein preserves your lean body mass.

So satisfy yourself at your next meal without the guilt and eat protein!

-Rebecca C Flewelling, Nutrition Consultant

The New Training Center at IHMS.

The mission of the Training Center is to offer various trainings on many aspects of workplace ergonomics, workplace issues and nutritional health. We offer our top ten companies one free slot in any of our offered classes. Please call IHMS at 655-7575 and speak with Martha for specific class information and class dates.

Office Ergonomic Evaluation and Modification

Class 1) September 11th and 25th from 1pm to 4pm

Class 2) November 27th and December 14th 1pm-4pm

Nutrition Series:

Portion Control and Snacks: 06/29 6-7pm

Menu Planning: 7/13 6-7pm

Weight loss, Plateau Busters: 7/20 6-7pm

In Conclusion

If you enjoyed this newsletter why not share it with someone you know. To be added to our newsletter, or receive an electronic version in a word format, please call Katie at 655-7575 or e-mail her at Katie@IHMSPT.com

The next newsletter will be in October. Until then, have a safe and healthy summer!

Best regards,
Kim Fuller, PT
Mary Beth Morrisseau
Charles Alexander, OTR/L
Penny Bolton
Katie Brennan

Louise Lynch, PT
Erica Galipeau, PT
Amy Benson, PT
Martha Burroughs