



BACK-TRACK™

INNOVATIVE
MORE EFFICIENT REHAB
Approved by DWP for Access To Work

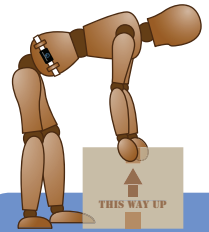
BACK-TRACK™ BACK TO WORK PROFESSIONAL Product Guide for OH Professionals



Occupational health professionals (OH nurses, physiotherapists, osteopaths, etc) are responsible for managing the health and well-being of millions of people across the UK. Typically this will be via face to face consultation and therefore it is relatively easy to engage with clients. However, appointments may only be once every week or two and therefore it is often very difficult to know whether the client has been following your recommendations – or not.

This is where BACK-TRACK™ BACK TO WORK PROFESSIONAL can help

BACK-TRACK has been used across the UK in various organisations since 2008 (Coca Cola Enterprises, Network Rail, big logistics carriers, etc.) with an aim of preventing lower back injury and this has been very successful. This product is called BACK-TRACK PRO and works proactively for employees at elevated risk – warehouses, construction, couriers, etc.



BACK-TRACK is worn on a belt and detects forward flexion

However, many people have a pre-existing low back injury and BACK-TRACK PRO has been updated to include additional functionality specifically for rehabilitating these individuals – by recording activity (and inactivity).

Posture (Leaning) Threshold:	30	Degrees
Stooping Threshold:	45	Degrees
Posture (Leaning) Delay:	15.0	Seconds
Stooping Delay:	0.0	Seconds
Alarm Repeat Delay:	0	Seconds
Record Event:	<input checked="" type="checkbox"/>	ON
Vibrate Alert:	<input checked="" type="checkbox"/>	ON
LED Alert:	<input checked="" type="checkbox"/>	ON

Just like the PRO version, BACK-TRACK™ BACK TO WORK PROFESSIONAL is worn on a belt and collects data that relates to two accepted back injury risk factors: forward flexion and inactivity. Forward flexion loads spinal structures and should therefore be avoided especially when in a rehabilitation and injury management program.

Leaning forwards for an extended period is recorded.

Stooping forwards is recorded.

Activity is recorded.

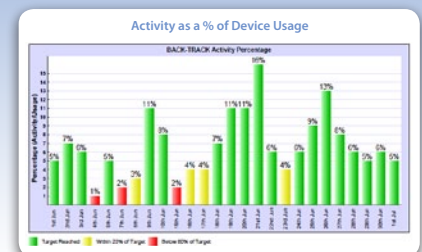
If BACK-TRACK is used at an early stage of injury, absence and more serious injury can be prevented

When an activity target is missed or forward flexion thresholds are exceeded, the BACK-TRACK vibrates to alert the wearer and remind them that they are affecting their rehabilitation.

When connected to a PC, the device uploads the collected data to an online database. The occupational health professional can log in to the database, access web based reports and review what their client has been doing since the last appointment. Has the client been stooping forwards repeatedly? When are they mostly stooping? Are they inactive at work or in the evening? Additionally, the vibration alert prompts your client to be aware of what they are doing – or not doing. With a PC (or even an iPhone) with internet access, you can review your clients data and even adjust their device settings remotely if required.

Benefits

- BACK-TRACK™ BACK TO WORK PROFESSIONAL is very simple for your client to wear. Put it in the pouch, it turns ON automatically, clip it on, at the end of the day connect it to the PC to upload the collected data and to recharge it – that's it! The next day repeat the process and start responding to the prompts.
- Case studies confirm that the rehabilitation process is significantly more effective.
- BACK-TRACK promotes engagement between the client and the OH professional.
- Provides real-time vibration alert feedback.
- Speeds up the rehabilitation and Return To Work process
- If BACK-TRACK is used at an early stage of injury, absence and more serious injury can be prevented.
- Promotes activity resulting in numerous other health benefits.



BACK-TRACK™ BACK TO WORK PROFESSIONAL products are available in kits of 3 or 5 devices with everything you need for your corporate and private clients, or for more information, please contact us at info@backtrack.co.uk

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