

WHAT CLIENTS SAY ABOUT THEIR SUCCESSES USING THE MOD SOLUTION® SYSTEM

BANKING

From Larry K. Olson, Vice President
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Bruning State Bank is located in rural South Central Nebraska. Employees range in age from mid 20's to upper 70's. I am one of the vice presidents of this bank, as well as the safety officer.

We had noticed a number of employees complaining about neck and back pains, with several making weekly or more frequent visits to a chiropractor. Others were seeing a medical doctor for prescription pain relief. We were starting to lose productivity due to absenteeism during the workweek for medical reasons. We discussed the problem with our board of directors and management, and decided to employ the services of an occupational therapist to evaluate our workers.

The MOD Solution® Company headed by Cathleen Amwake, OTR/L, had been recommended to the bank by a business acquaintance knowledgeable in the therapy field. We were first introduced to Cathleen at a general meeting attended by all employees. She initiated us by delivering a thorough explanation of anatomy and how different structural muscles affect various parts of the body and nervous system. This explanation allowed each employee to basically understand how and why some of their physical discomfort problems came to be.

After this introduction, Cathleen evaluated each workstation and made recommendations for adjustments to suit each individual. She then provided a comprehensive evaluation of each employee's personal range of motion. On completing each evaluation, she made recommendations for specific exercises and equipment to help correct existing range of motion problems. Not only did she make the recommendations, but she returned for subsequent visits to make sure we were following through with her recommendations. She also personally worked with several individuals who required more assistance than the interventions allow.

Adjustments to workstations included ergonomic keyboards, ergonomic mice, adjustable keyboard trays, height adjustments of the computer screens, overhead lighting adjustments, LCD screens, foot rests and quality seating with adjustable arm rests. These adjustments plus the exercises made an amazing difference in the general well being of our work force.

One individual example was an employee who had developed a very large muscle displacement in the shoulder and neck area. Apparently this problem had been created over time through use of a poorly designed computer workstation. This was causing extreme neck pain for which the employee had--for months--been making twice weekly visits to the chiropractor. She was also suffering from frequent migraines. After workstation adjustments and a prescribed exercise routine, the employee's muscle displacement disappeared and the migraines were reduced in intensity and frequency.

I feel that our employees have gained significantly in productivity and general well being since our involvement with MOD Solution®. The simplicity of the program makes it easy for any organization to have their employees and work areas evaluated, and problems rectified. I would recommend MOD Solution® LLC to any business.