

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

TECHNOLOGY

Paul T. Darlington, Contracts Manager
General Dynamics C4 Systems
Arizona

Prior to working with the MOD Solution® System, I had worked with a physical therapist, who did not address the cause of my ongoing back problems, but just provided therapy. When MOD Solution® System became available at my worksite, I was advised of a number of ways I could avoid risk of injury or pain. Cathleen Amwake from MOD Solution® recommended to my employer—and my employer provided—a new ergonomically-correct chair, keyboard, and other devices which would improve my posture while working at the computer. I also was given a set of strengthening exercises to address my specific problem. Most importantly, my specific problem has not re-occurred since these changes were addressed.

Besides the above, I also had had a significant shoulder surgery (torn labrum—anterior, superior and posterior). MOD Solution® providers were very pro-active in supplying me with instructions on how to build my shoulder back up by regaining the lost range of motion and working through scar tissue issues. Also I was provided with hardware mechanisms (pulley and exercise ball) to use during workday breaks to continuously carry out exercises prescribed by MOD Solution®.

For me, one of the most important aspects of the MOD Solution® intervention was the assessment of my immediate work environment—how my office (chair, table, etc) was set up. By being here on site, they were able to do a real time evaluation and carry out the vital follow-ups to ensure that the evaluation/changes were implemented properly and that desired results were being achieved.

In addition, after the MOD Solution® in-depth evaluation, recommendations, and support equipment were provided to me, along with a clear understanding of my own role and responsibility for my recovery and continued wellbeing, I found myself very motivated to stick to the exercise routine and have been able to see and appreciate my own progress.