



# **„Hello it`s me, your health!“**

**The importance of corporate health promotion**

**„Where prevention is maintained, disease has no chance!“**

# Who we are?! Team Corporate Health



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# Pro Health Club

**Competence - passion - professionalism - carer -  
ambience**

...on more than 2000 square metres of fitness, health, wellness  
& lifestyle at the highest level you can expect.

The idea and development of the Pro Health Club originated on  
basis of the Pro Health Institute, existing already for many  
years (outpatient therapy centre for all kind of orthopaedic  
problems).



# Study of TK: Germany suffer under back pain



TK health report 2014: Back Pain in Germany.

Results: German employees suffer from massive back problems. On average, 17,5 days every affected person can't attend work.

Back pain is responsible for every 10th missing day.

About 80% of the population once in his life is affected by back problems.

# Anyone suffering from back pain?



**Almost everyone suffers from back pain once in his life?!**



# Reasons

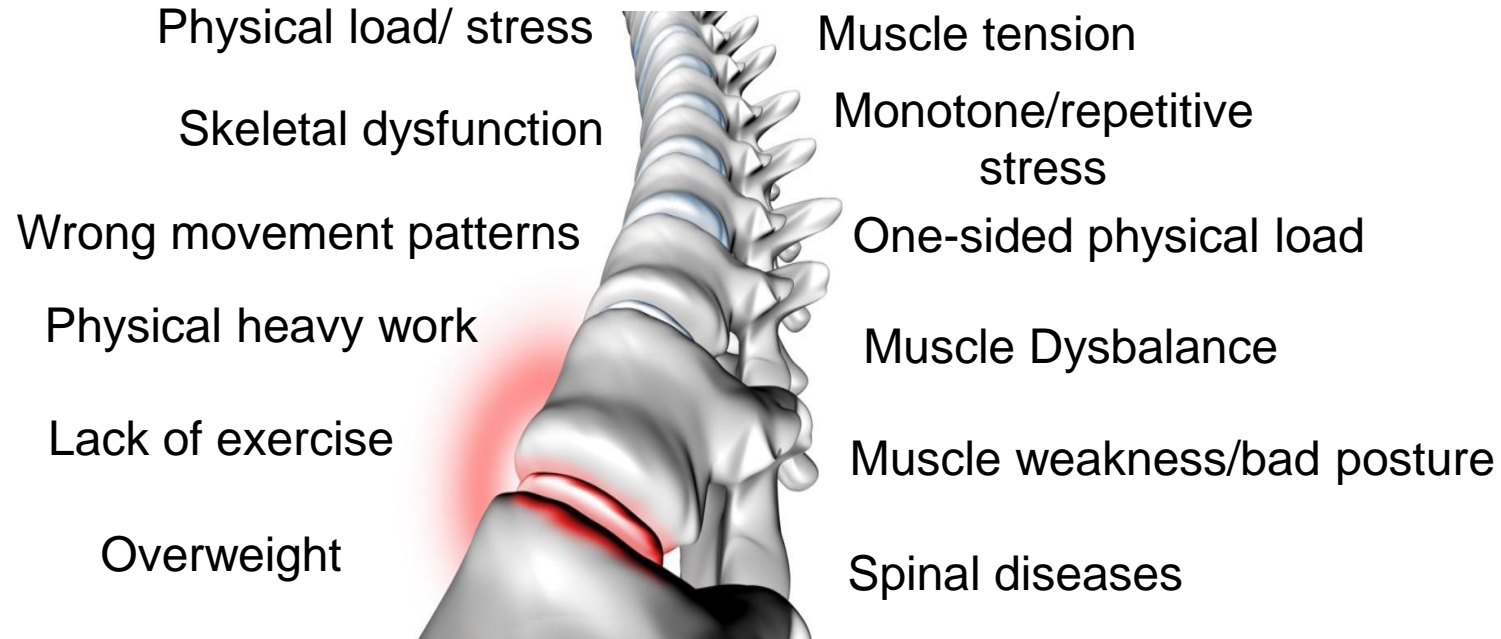


Examples of poor posture/mechanical stress in everyday life /(repetitive stress)

- Passive Standing – hollow back position
- Bendover standing with roundback
- Lifting with a round back and extended knees
- Passive seating position with false position of the cervical vertebra column (anterior head position)



# Reasons/Causes

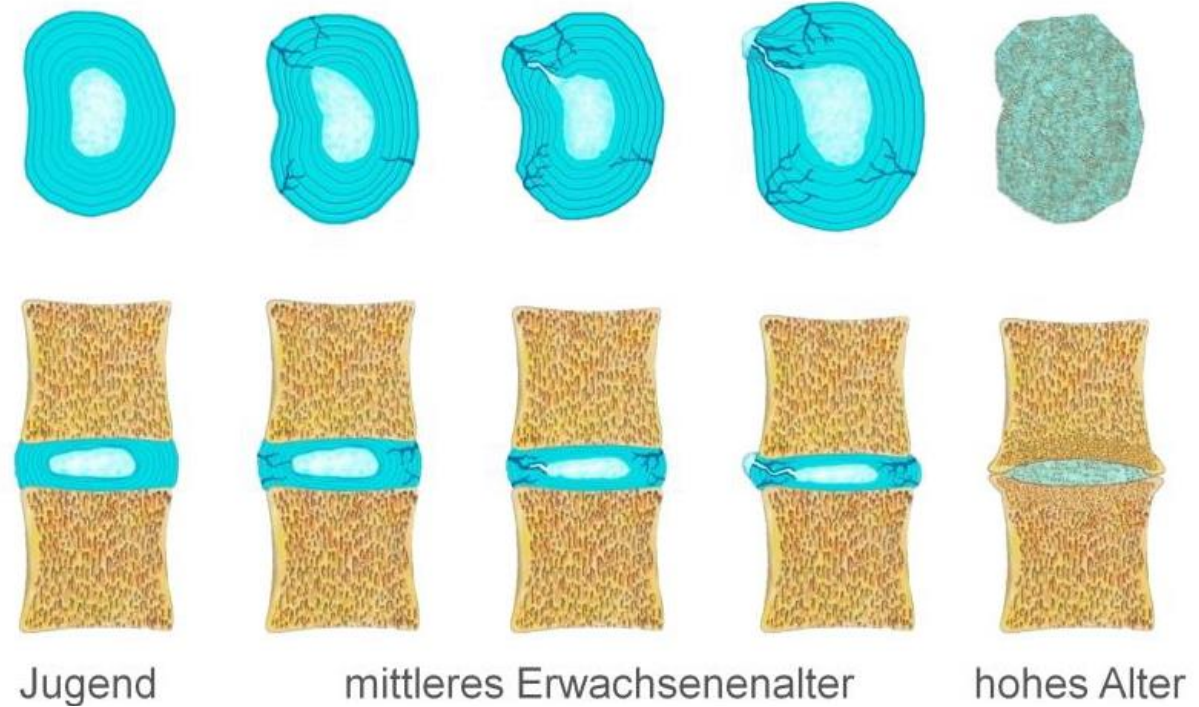


# Intervertebral disc degeneration



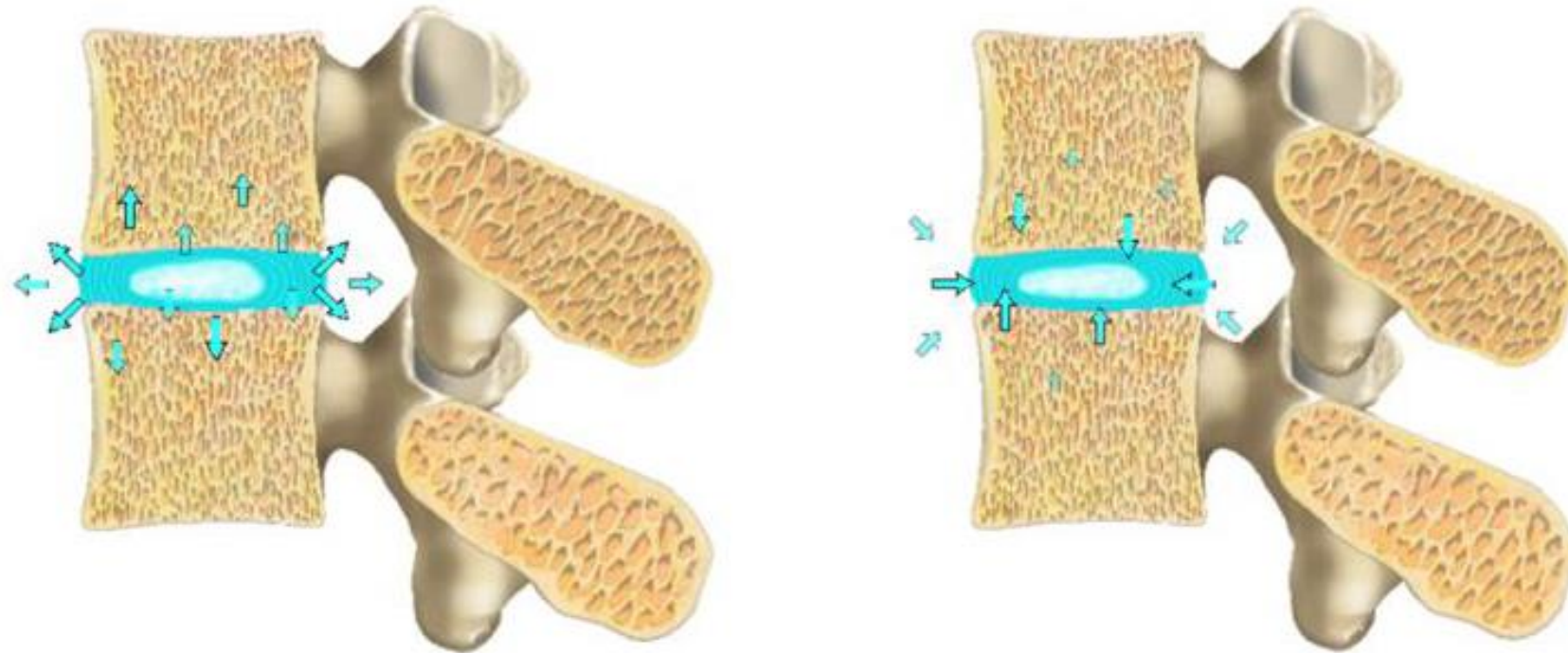
- Intervertebral discs degenerate (starting at the age of 20th years)
- Fabric changes; the water receptiveness of the intervertebral disc becomes lower and „dries up“
- The buffer function is thereby decreased
- Tears in the fiber ring (annulus fibrosus), causing the intervertebral disc to penetrate outwardly

**Movement in terms of pressure load / unload stimulates disc nutrition and hydration, thereby decreasing the aging process of the spine!**





# Load and Unload

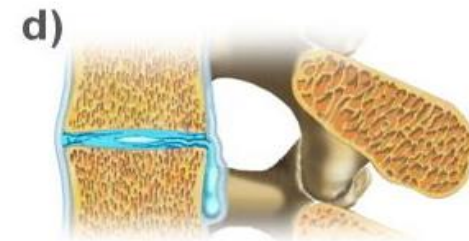
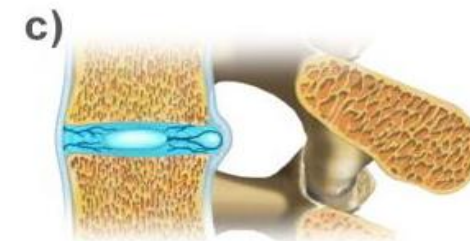
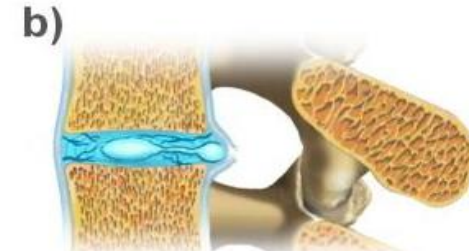
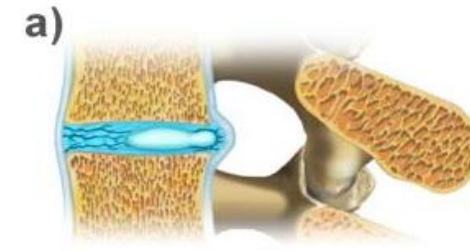


# Slipped disc

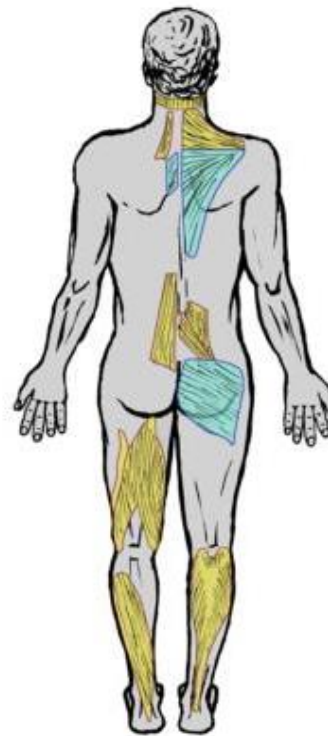
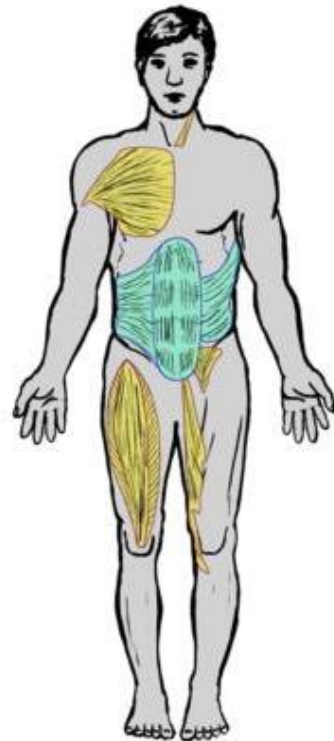


According to predamage and kind of load, spine and disc injuries can originate at different places and in different forms.

- a) Precurvature (the intervertebral disc core is still within the fiber ring). Compression on the rear longband (bulging disc)
- b) Not sequestered incident with cutted longband.
- c) Disc herniation with pressure on the longband.
- d) Massive incident with overstretching of the longband (sequester).

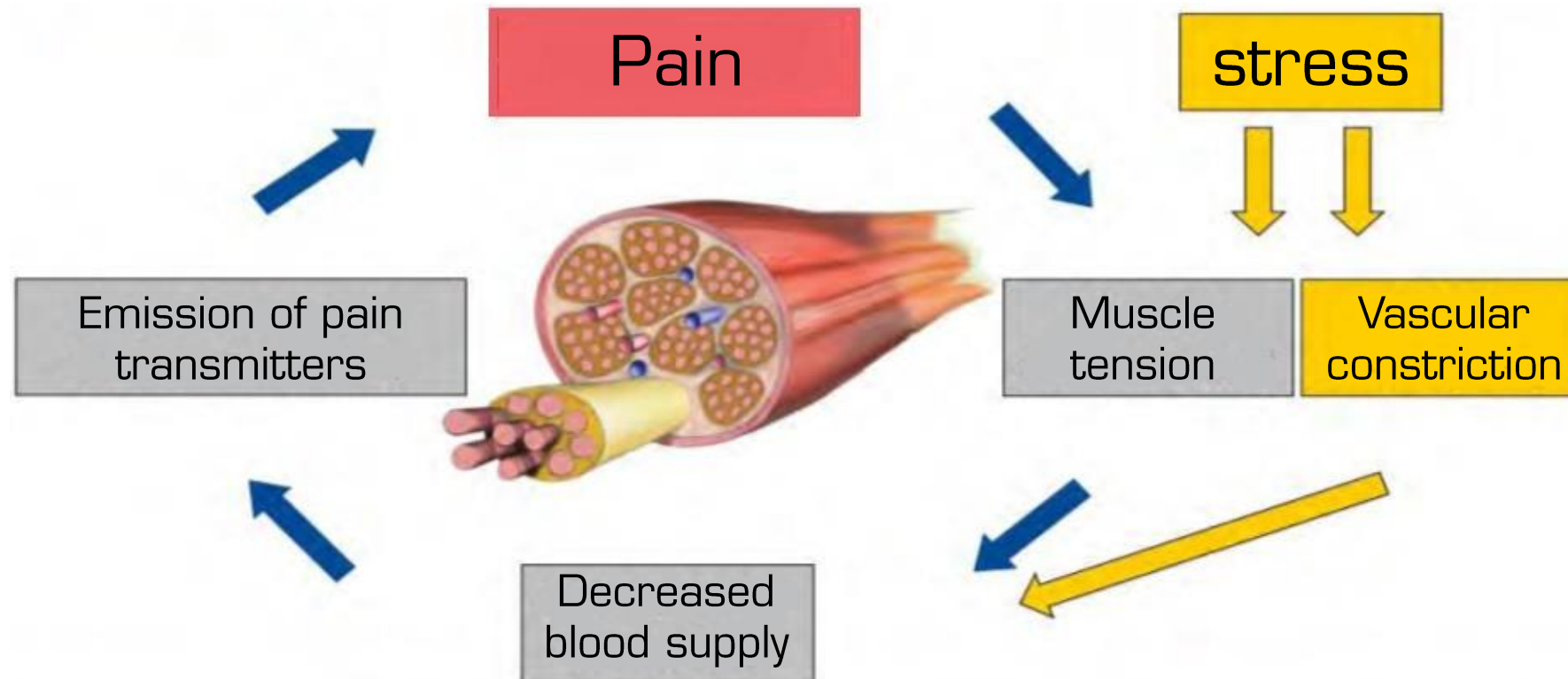


# Muscle weakness and muscle shortening

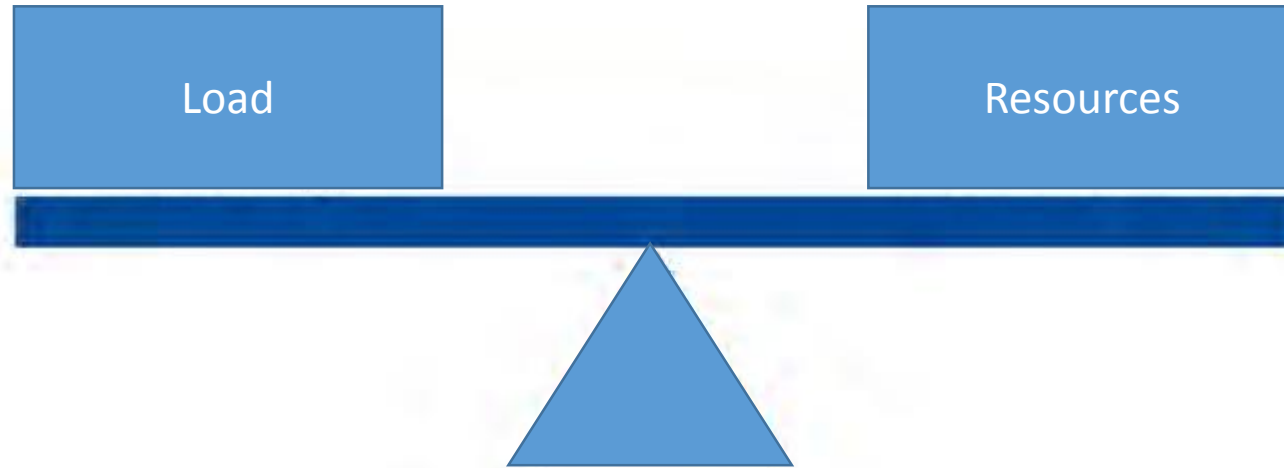


■ verkürzt  
■ abgeschwächt

# Muscle tension - pain- Mechanism

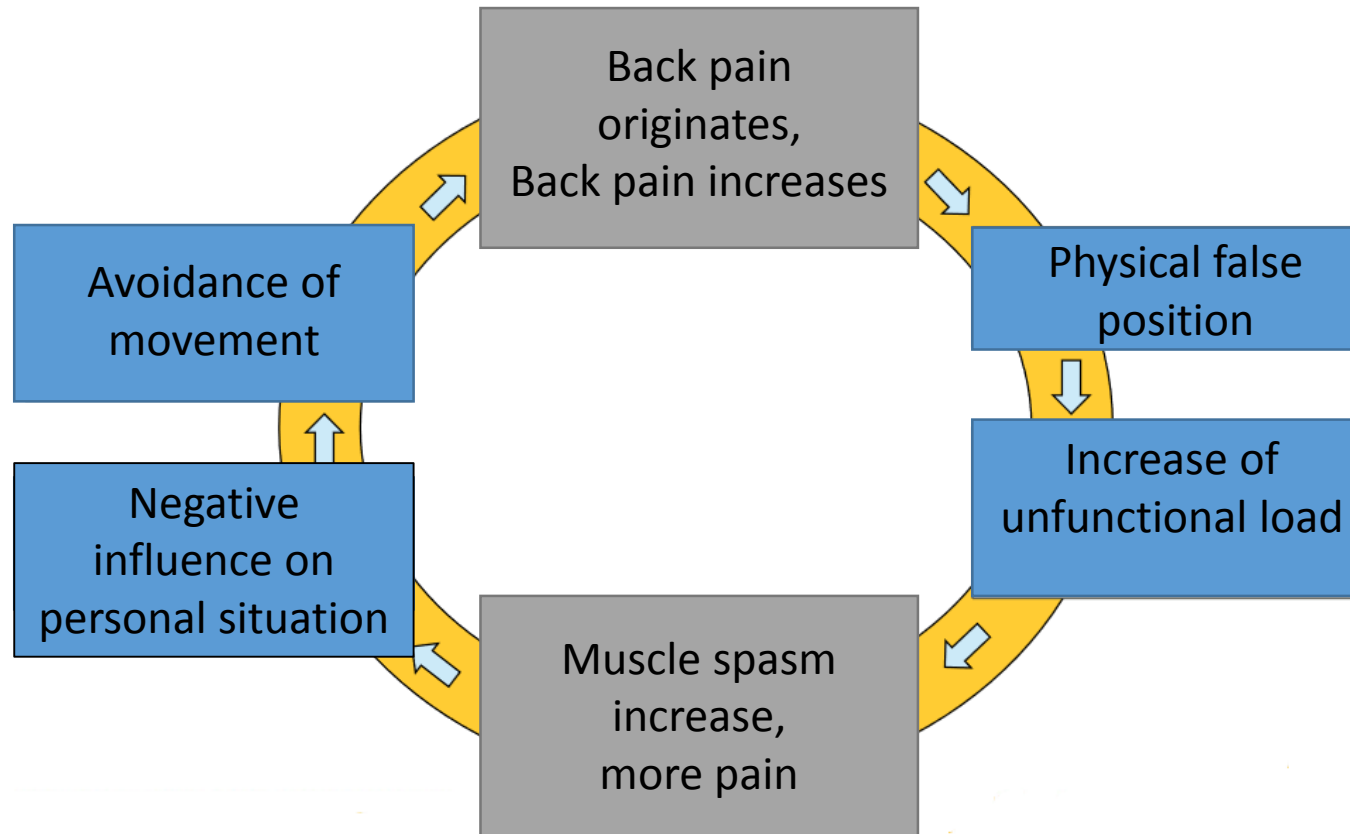


# Load/Health Management





# Prevention of a devil`s circle



# Ergonomic standing position



ungünstig



günstig



ungünstig

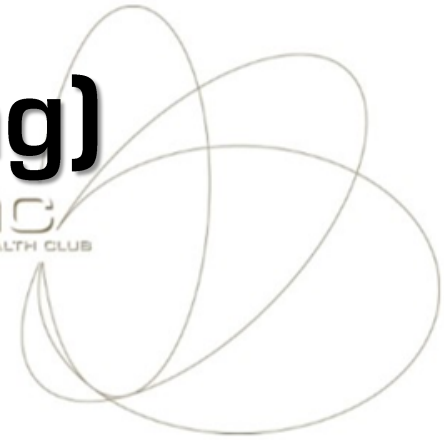


günstig

# Ergonomic sitting (dynamic sitting)

## Correct sitting position??

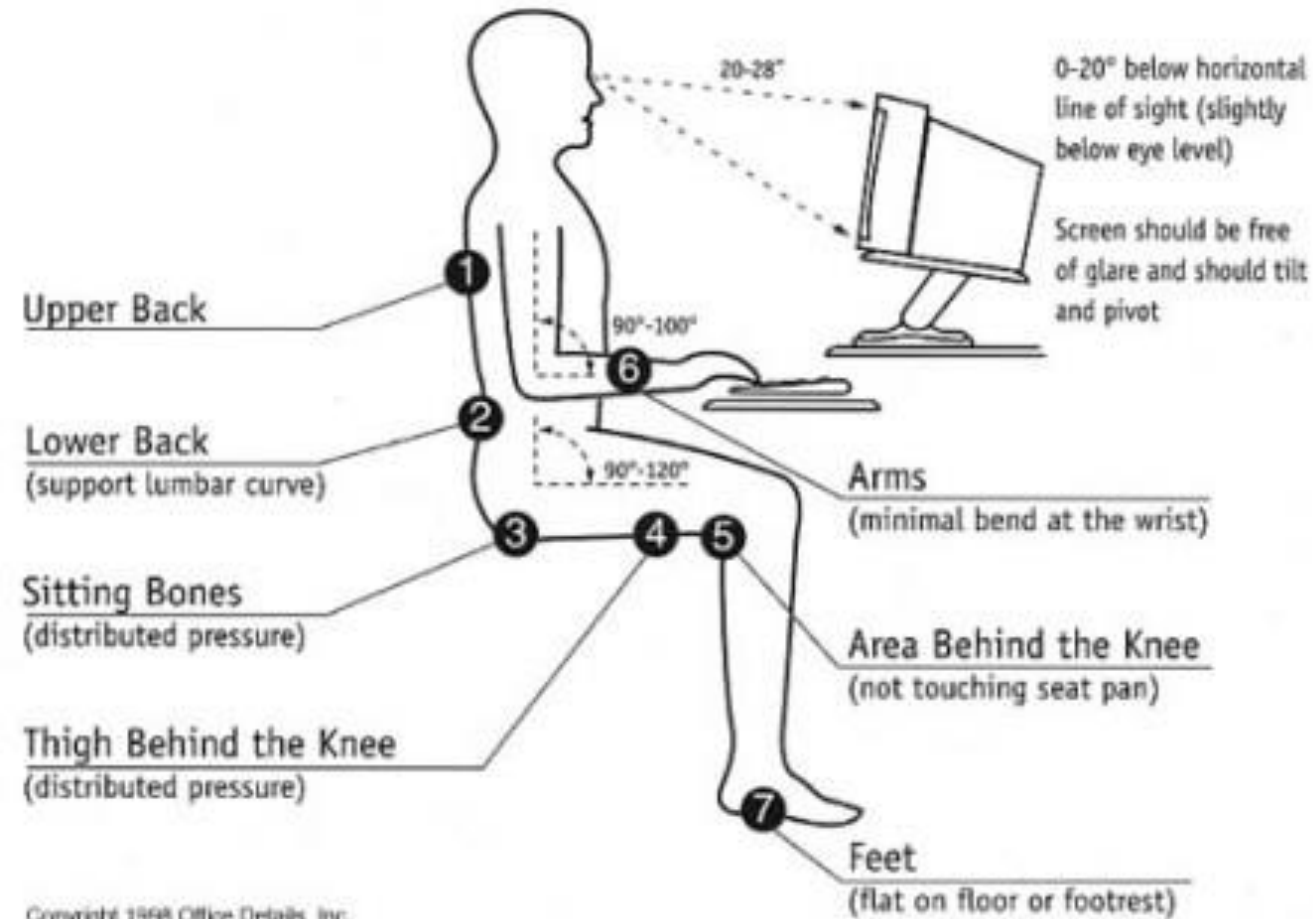
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# Ergonomic lifting/ carrying



# Ergonomic at workplace



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„Gesundheitstipps vom PHI“



# Many thanks for your attention!