

## **Physical Medicine Technologies, LLC**

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From: Dr. Rafer Leach MD, Medical Director

To all self-insured employers: Cutting costs with onsite physical medicine services.

### **Like it or not, employers are in the health care business and will be in the future.**

As employers pay more for employees' health care and are more at-risk for substantial losses from **workers compensations claims**, the need to reduce costs is urgent and large. Few businesses are equipped to provide and manage employee wellness to the degree that costs and risks warrant.

### **Physical Medicine Technologies , LLC, a technology-based physical medicine, managed-care solution:**

Now employers can reduce and manage health care costs associated with physical medicine issues. Physical Medicine Technologies, LLC, utilizing **DynaMyo™ EDS** technologies and hands-on professionals, provides on-site **medically managed**, PMT Wellness Service™ packages, customized for individual corporate client **cost reduction** opportunities including-

- **Biometric Based Health Plan**- employee testing and wellness management using state of the art electronic data capture.
- **Functional Capacity Evaluations- (FCEs)** -new hire, post-offer pre-employment testing with job requirement, test simulation for ADA and EEOC compliance.
- **Work conditioning** and injury prevention programs.
- **Rehabilitation** (including neck and back specialties)
- **Wellness**- strength and weight loss.

### **PMT- DynaMyo complete Service Packages including-**

- **DynaMyo 1000 EDS** equipment packages on site (cost included).
- **Professional services** (including consulting services for other healthcare providers) as needed-
  - ✓ Occupational therapists
  - ✓ Physical therapists
  - ✓ Medical Doctors
  - ✓ Physiologists
  - ✓ Athletic trainers
  - ✓ Chiropractors
  - ✓ Strength and conditioning coaches
  - ✓ Personal trainers
  - ✓ Researchers

- **Protocols**, medically directed and highly effective for wellness, rehabilitation and testing, addressing individual worker needs for...
  - ✓ **Strength**
  - ✓ **Range of motion**
  - ✓ Power
  - ✓ Reaction time (with load)
  - ✓ Endurance

### **The PMT DynaMyo Corporate Physical Medicine Systems-**

Technology and professional services provide a state of the art, cost effective, **wellness management** system, delivering custom programs for employees needs-

- Evaluation/ examination
- Assured compliance
- Testing
- Instruction
- Education
- Motivation
- Training
- Conditioning

PMT management reports and studies-

- Employee compliance reports
- Workers Comp employee condition/ improvement reports
- Medical cost reduction reports
- Other custom data base studies per client needs
- Return on Investment reports
- Program cost reduction guarantees available.

### **An INVESTMENT in managed health care.**

PMT DynaMyo service packages use technology that shifts employer resources from **cure** to **prevention**, from **cost** to **investment**. Additionally, studies of proactive wellness programs often show a return in excess of 300% on dollars invested. These dollars saved go directly to the company's bottom line **net income!**

### **Strength protocol health benefits.**

There is a large and growing body of scientific evidence proving that a medically managed proactive program of strength protocols is one of the most efficacious and cost effective health interventions possible for injury or illness remediation, prevention and health improvement.

Additionally science is proving that the proper protocols can produce impressive strength gains in as little as 15 minutes once per week!

## **The PMT- DynaMyo strength improvement benefits include:**

### **Increased and improved-**

- Lean muscle mass
- Metabolic rate
- Energy
- Endurance
- Speed
- Power
- Range of motion
- Mobility
- Balance
- Immunity
- HDL (good cholesterol)
- Circulation
- Cardiovascular strength
- Bone density
- Appearance
- Self image
- Disposition
- Mental functions
- Health
- Lung capacity

### **Reduced-**

- **Aging effects**
- Blood pressure
- Injury risk
- Body fat
- Blood fat
- LDL (bad cholesterol)
- Blood sugar
- Back pain

### **Treatment or prevention of-**

- **Aging**
- Obesity
- Osteoporosis
- Alzheimer's
- Heart disease
- Diabetes
- Sarcopenia (Muscle loss with time)

### **PMT- DynaMyo Service Package Features:**

- PMT DynaMyo packages are paid as a monthly service charge based on-
  - ✓ PMT services provided.
  - ✓ The number of participating employees.
- DynaMyo Systems are included in the PMT service charge- **no capital equipment purchase required.**
- PMT Packages are scalable to match changing corporate needs and small scattered groups of employees.
- FREE consultations and proposals.

Let us show you how we can cut your health care costs.

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