# FUTURE INDUSTRIAL TECHNOLOGIES


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## How Much is a Cure for Back Injuries Worth to You, Your Company, Your Country?

People all over the globe, as many as 80% of some populations such as in the United States, will suffer a painful back injury in their lifetime. These injuries result in lifestyles being altered, production being lost, and high healthcare costs impacting individuals, corporations, insurance companies, and governments.

The significant costs of these injuries spawned research into how to effectively train workers to prevent back injuries and other sprain/strains while conducting work duties as well as at home activities.

**This research uncovered a society-wide dearth of a practical understanding of how to safely perform routine activities of daily living. It was found that man, woman, and child alike, unknowingly used their bodies incorrectly every day of their lives.**

We thought surely common back injuries had to have a more profound and complex etiology (cause of origin) than merely conducting one's daily activities incorrectly. [Note: Acute back injuries from sudden trauma are not the topic of this newsletter.] The ubiquitous back injury wasn't just a consequence of wear and tear from misuse, was it? There had to be something quite complex or a hidden structural defect that somehow had gone undetected for centuries, right?

Was the cause of most back injuries so fundamental, so "obvious", that it was never validated as a possible cause? Could years of insidious misuse cause enough degradation in the integrity of the spine to be responsible for all of these painful and expensive injuries?

Our research and subsequent overwhelming results in preventing back injuries over a 12-year period have proven this to be the case. Incorrect sitting, lifting, pushing, pulling, etc. cause repeated and unnecessary physical stress to accumulate over time like a biological scorecard. This accumulation of physical stress commonly leads to the cycle of fatigue, discomfort, pain, and then injury.

We all know someone who has had a back injury or even had one yourself. We know they are extremely painful and can restrict even the simplest activities. We are certainly motivated to not experience a back injury, as pain is a strong deterrent.

Yet would you even notice your child lifting a backpack with a twist or your spouse lifting the groceries incorrectly? Most of you are probably aware of how many cylinders your car engine has and which side your gas cap is on, but do you know how many bones make up our spine? How many curves are there in the spine? Why are there curves? What is the most harmful movement to the spine? Factually, we know more about our vehicles than we do our spines.

Moreover, our research shockingly uncovered that no effective training methodology existed to properly train adults or children how to safely perform activities of daily living to prevent the daily tally of innocent stresses on our spines. There are videos and "subject matter experts" that tried to teach these skills but no effective protocol existed that resulted in people actually "mentally slapping their foreheads" and saying "why was I never taught this before?"

"Doc, I was just getting something out of my trunk and it was like I got hit by lighting!" That injury probably had very little to do with that present action. It was most likely the result of a lifetime of not knowing the ABC's of practical body mechanics and how one can be more in charge of their own musculoskeletal health. You see that is the key - training must produce a personal and willing decision to apply what was learned in order for the training to be considered effective. Nothing existed that produced a change in physical behavior that in turn reduced the daily accumulation of physical stress on the employee's body.

**In summary our research discovered the simple underlying cause of most back strains AND that no effective way existed that taught people how to prevent these injuries.**

Our research was then confronted with the conundrum of how do you teach people to learn, embrace, and apply physical techniques into their day-to-day lives? After observing typical back injury prevention training via video presentations and by onsite "experts," we observed that although people could get an A on a test of how to lift and bend in life, we saw zero percent of the trainees incorporate these principles into their lives' activities.

If in fact back injuries were caused by incorrect usage of the body in life, then we had to create a new training methodology. This methodology would have to appeal to all people no matter what age, gender, or educational level. It would have to include the disciplines of biomechanics, ergonomics, stretching, and the behavioral sciences and it would need to encompass both work and life's activities.

It would have to result in a self-determined decision by the trainees to incorporate simple and natural techniques into their daily activities because it was a benefit to self not because someone told them to do so.

Many methods were tried and tested including the nuances of how to train a kinetic activity versus strictly the theory of a subject. This was such a new field a name for this didn't exist for it. There existed biomechanics, ergonomics, and stretching. However, a discipline that combined the practical components of each with a training methodology aimed at attaining the trainees "buy-in" to use this information in life did not exist. This new injury prevention field was coined Bionomics(tm), loosely translated to mean "managing one's body" properly.

**Bionomics encompasses what every man, woman, or child needs to know to prevent back injuries and other sprain/strains to themselves and family members.**

Years of research and training close to 1 million people of all job descriptions and walks of life in three different countries have proven that painful back injuries and their attendant costs are now mostly preventable. A major US airline client recently told us that an employee cancelled his back surgery due to Bionomic training.

What is this Bionomic solution worth to society? Ask the trucking company no longer in business because workers' comp costs were too high in California. Ask the government of Canada that spends billions of taxpayer's money treating these injuries. Ask the child who sees their parent suffering with debilitating pain. Ask the cash strapped governments of the world now reacting to the high healthcare costs.

The solution is now available to individuals, companies, school districts, cities, states, provinces, and countries. Bionomics injury prevention training can now be licensed to interested parties around the world. We look forward to sharing it with you. We will help you to prevent tomorrow's injuries today!

Prevent tomorrow's injuries today! ™
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Future Industrial Technologies, Inc. (FIT) offers workplace safety and ergonomics training programs. Backsafe® teaches employees how to perform their specific job tasks in a manner that is biomechanically correct. Sittingsafe® teaches office employees how to adapt their existing workstations so they are ergonomically correct. These injury prevention programs make your workplace safer and are proven to reduce injuries and worker compensation insurance costs.



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