



## BACK CHECK-UP

# FOR A HEALTHY AND PAIN-FREE POSTURAL SYSTEM.

Musculoskeletal disorders are among the most frequently cited reasons for employee absences. Understanding the causes of back pain is often the key to alleviating it or even preventing it altogether. Our experts use SpinalMouse, a Swiss invention, to carry out back check-ups. In the subsequent personal consultation, each employee receives suggestions for improving his or her spinal health over the long term.

### Target group

- › All employees

### Goals

Employees

- › know how to keep their spine healthy.
- › are familiar with a range of approaches.

### Contents

- › Analysis of spinal health
- › Evaluation
- › One-to-one consultation

### Method

- › Examination and individual consultation
- › Motivational presentation (optional)

### Implementation

- › Prevention management specialist

### Number of attendees

- › Between 22 and 26 people per day  
(depending on the motivational presentation)

### Duration

- › 15 minutes per attendee

### Location

- › On the company's premises or  
by arrangement

SWICA's Prevention Management unit aims to reduce absences, strengthen the potential for better health and improve the wellbeing of employees through health-related measures.

THERE FOR YOU, 24 HOURS A DAY, 365 DAYS A YEAR.

Phone 0800 80 90 80 / [swica.ch/prevention-management](https://swica.ch/prevention-management)

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