

CASE STUDY – BACK-TRACK for Rehabilitation - GREENCORE plc

Martin works for Engineering Site Services at Greencore. In 2011, Martin began to suffer with non work-related pain in his legs. The pain got progressively worse until eventually Martin had an MRI scan.



Recurring back pain managed using BACK-TRACK

Following back surgery, Martin still suffered with back pain at work. With BACK-TRACK, he noticed *"improvement straight away"*.

Martin says
"get your back on track with BACK-TRACK"

Martin's MRI scan identified compressed discs in his lower back with nerve involvement. Following this diagnosis, Martin underwent spinal surgery.

When he returned to work, Martin noticed tenderness in his lower back and had a further period of absence with back pain. Martin's return to work coincided with the introduction by Greencore of the BACK-TRACK system.

Martin was issued with a BACK-TRACK to help him manage his back pain and to enhance the rehabilitation process. Martin's BACK-TRACK was set up in Rehab mode and alerted him if he was adopting postures that would potentially cause damaging stress to his injured back. Martin noticed an improvement straight way. Martin wore his BACK-TRACK for several months and continues to do so as a preventative measure. He still suffers occasional pain when he has "overdone" things. Martin says "I use the device to give me a warning if I over-stretch or bend incorrectly".

The real-time alerts provided by the BACK-TRACK highlighted when Martin was using poor lifting postures (stooping over) which helped his recovery as it encouraged him to change his behaviour. By adopting better lifting techniques, Martin was able to reduce the load on his spine and this aided his rehabilitation process. Martin summed up his experience of using a BACK-TRACK by saying "get your back on track with BACK-TRACK".

keeping track of backs™

For more information

Telephone: 0845 618 2484 Email: info@backtrack.co.uk

