



SPARCS Three Step Injury Reduction System™

Sustainable Soft Tissue Injury Prevention

Our SPARCS 3 Step System starts by improving function, comfort and awareness for your employees. The plan progressively builds the physical tools, thinking and culture to transform your company's safety program. We work with you to get your team working together, from managers to laborers, in three simple steps. The TIPS SPARCS 3 Step System includes the training, tools, ongoing coaching and support to create a solid solution.

The SPARCS 3 Step System™

- 1 TIPS Active Stretching™ and 3-Point Positioning™ for whole-body movement improvement and comfort.
- 2 TIPS CORE-4™ Stabilization and Movement Integration to build the physical tools individuals need to lift correctly, reduce joint stress, move properly and improve balance.
- 3 TIPS Tri-Plane Movement Re-Patterning™ re-trains movements in targeted job activities for optimal physical efficiency and improved ability. This re-training utilizes daily work activities to create a sustainable change in how employees move.

Each step of the SPARCS™ system progressively builds the structure, results and stability of your new prevention program. The result is a solid, sustainable reduction in the risk factors that lead to soft tissue injuries.

Elements of the SPARCS 3 Step System

- Employee training with handout
- Leadership training, plan & tools
- Train the Trainer with trainer's guide
- Ongoing coaching and support
- Systematic check points to ensure progress
- Progressive roll-out of training components
- Sustainability TIPS for key point awareness
- Job training and individual coaching
- Self-Sell activities for improved buy-in
- TIPS Positive Recognition approach

If you want to eliminate ongoing costs from outside vendors for your soft tissue injury prevention program and you want *true* prevention, give us a call to learn more.

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