



## Bupa Musculo-skeletal Services

---

Whether a strained back, pulled muscle or damaged ligament, an on-site Bupa physiotherapist will ensure that employees receive quick and convenient access to treatment at a low cost - meaning faster rehabilitation, greater protection from reoccurrence, and reducing the time away from work.

Back pain and musculo-skeletal injuries have been identified as one of the greatest health concerns and biggest causes for absence for organisations in the UK. Not only are these problems some of the most common ailments among employees, they can also prove to be debilitating, resulting in extensive periods off work. Worse still, they can lead to the risk of employee litigation and significant insurance costs.

### A simple, effective preventive solution

When an employee suffers a musculo-skeletal disorder, it is possible they won't be working at their full ability and many days can be lost through incapacity or treatment conducted far away from the workplace.

Bupa musculo-skeletal services are designed to help employees by providing rapid diagnosis and treatment for any musculo-skeletal illness. At the same time, we actively promote best practice at both an individual and organisational level to ensure common musculo-skeletal issues are prevented.

Bupa Wellness has an advanced multi-disciplinary and integrated approach to the treatment of musculo-skeletal problems. Great care and consideration has been given to combining the most ideal group of specialist practitioners, including sports and orthopaedic physicians, physiotherapists, osteopaths, chiropractors and podiatrists who work together to get employees back to full health as soon as possible.

For more information call 0845 600 3476,  
email [wellness@bupa.com](mailto:wellness@bupa.com) or contact your  
Bupa Account Manager or Intermediary



## Reduce time away from work with an on-site service

The services of an on-site physiotherapist can provide your employees with much faster access to treatment - leading to a quicker rehabilitation and less time spent away from work.

- Promotes early intervention and faster recovery with a quicker access to treatment
- Musculo-skeletal conditions are managed holistically to help prevent re-occurrence
- Decreases employee time away from work
- Highly competitive treatment rates
- Management information
- It can be offered as a staff benefit
- Information and training sessions

If the service is offered to employees on a self-pay basis, then the cost to the organisation would be nominal. Our on-site practitioners would require only a room with the necessary equipment to perform treatment.

## Get specialist treatment from one of our Bupa Wellness Centres

If an on-site service is not suitable, then employees can visit one of our nationwide network of Bupa Wellness Centres.

Barbican, London - our musculo-skeletal centre of excellence is a hub for specialist referral treatment.

Other Bupa Wellness Centres offering musculo-skeletal services include:

- Leeds
- Glasgow
- Reading
- Bristol
- Solihull
- London - Canary Wharf
- London - Fleet Street

In 2007, musculo-skeletal disorders resulted in 9.5 million lost working days, and cost employers between £760m and £804m.

Fit for Work: Musculo-skeletal Disorders and Labour Market Participation 2007

On average 53.6 percent of respondents cited musculo-skeletal injuries as the leading cause of long term illness.

CIPD annual survey report 2008

1.6 million adults per year develop back pain that stretches beyond three months.

On the state of public health 2008 - Sir Liam Donaldson

Back pain and musculo-skeletal conditions are among the top three reasons for short term and long term absence across all work sectors.

CIPD Absences Management survey report 2008



For more information call 0845 600 3476,  
contact your Bupa Account Manager or Intermediary or  
email [wellness@bupa.com](mailto:wellness@bupa.com) or visit [www.bupa.co.uk/wellness](http://www.bupa.co.uk/wellness)