Did You Know?*

- 50% of 70% of adults report they experience pain while at work
- Lost productivity due to common conditions such as back pain, headache, and other musculoskeletal pain costs employers $80 billion a year
- Pain medications are one of the top 3 most prescribed drugs
- 36.4% of employees suffer from back pain
- Employees with back pain report 4.5 equivalent lost workdays per month due to worker absenteeism and presenteeism

*NIOSH or NIH or CDC

Testimonials

“As a man of ample age with physical duties, it is the Ergonomics, FitWell, and Pain Relief programs, and its outstanding staff, that allow me to enjoy an active lifestyle.”

Landscapes Services

“After each session, I feel better”

Building Services

“Movement increased and pain decreased”

Early Care & Education

“Thank you for providing this service to the staff employees and helping me break the vicious cycle of pain and immobility.”

Sr. Financial Analyst

Additional Resources

Ergonomics
http://blink.ucsd.edu/go/ergo

FitLife Occupational
http://blink.ucsd.edu/go/fitwell

Pain Relief Program

An Effective Solution for the Treatment of Pain in the Workplace

Program Sponsor By:
University of California, San Diego
Environment, Health and Safety
Occupational Health & Hygiene
Contact: ehsih@ucsd.edu
**What is Pain Relief?**

*Pain Relief* is a treatment program for employees who suffer from painful muscular conditions in high risk occupations.

*Pain Relief* quickly and effectively lessens the severity of your pain so your tired aching muscles feel better after the therapy.

*Pain Relief* is performed right at designated sites on UCSD campus by trained specialists, so you spend little time away from your important tasks.

**What is TRT?**

*Trauma Release™ Therapy (TRT)* is deep hands-on treatment used by certified therapists to treat painful muscle conditions.

Treatment sessions are given at selected sites for 30 minutes per week for three consecutive weeks.

TRT is an effective treatment for pain, and helps prevent soft-tissue pain by combining treatment, stretching, ergonomics, and proper body mechanics.

**Who Can Benefit?**

- Employees involved in repetitive tasks and other ergonomics high-risk factors
- Employees frequently involved in physical activities (i.e. lifting, pushing/pulling, overhead reach/awkward postures)
- Employees with severe muscular pain
- Employees with pain that interferes with their work

**What Type of Symptoms?**

- Neck and Shoulder Pain
- Forearm, Elbow & Wrist Pain
- Upper and Lower Back Pain
- Sciatica/Hip and Leg Pain
- Knee and Ankle Pain
- Carpal Tunnel, Repetitive Motion, Strains and Sprains
- Muscular Burning, Tingling, Numbness, Aching, and Pain

Contact EH&S ehsih@ucsd.edu to see if you qualify for the program, at no cost to you!