

No one should have to work through pain.

Need a quick, inexpensive solution for your employees' nagging pain and discomfort? Self-Care Plus Lite is for you.

Pain affects quality of life, productivity, and focus, especially when employees are stressed. For employers, pain leads to turnover, high costs, and lost work days.

Self-Care Plus Lite is the digital on-demand version of our award-winning live self-care training solution. This module is designed to provide intuitive video-based training to help employees relieve pain and stay engaged with work, delivering immediate results and ROI.

- Connect employees with videos featuring experienced PainFree Specialists and ergonomists.
- Train employees to use simple, effective self-care techniques that relieve pain and discomfort in the back, shoulders, neck, arms, and wrists.
- Boost morale, improve focus, and keep employees comfortable while they work.

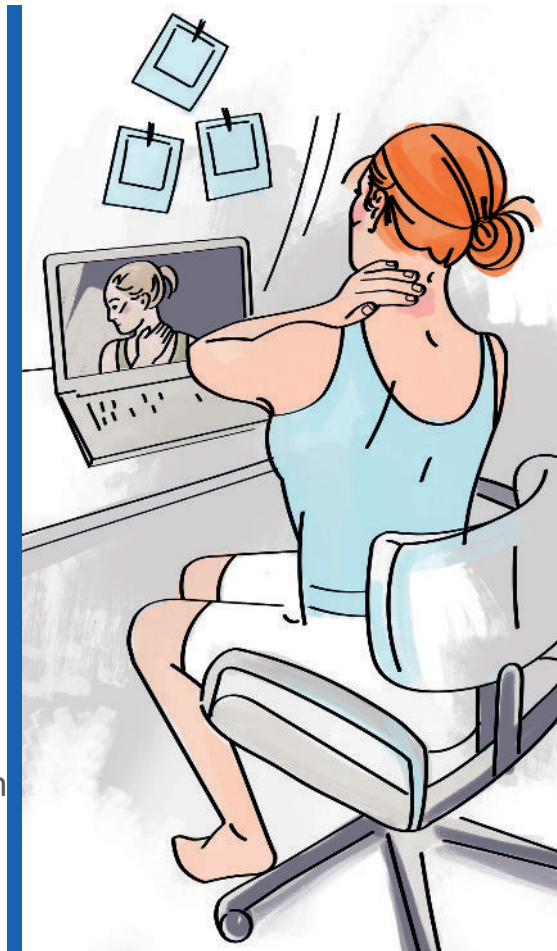
How does it work?

Self-Care Plus Lite is a short-and-sweet video training program that provides detailed written instructions and demonstration videos for a wide range of self-massage and other self-care techniques.

Areas addressed:

- Hands and fingers
- Forearms and wrists
- Elbows and upper arms
- Chest and shoulders
- Upper and lower back
- Neck

Immediate pain relief and self-care training, available on-demand, whenever employees need it.



DORN
Workplace Ergonomics and Injury Prevention

Contact DORN today to set up your virtual training program.

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