

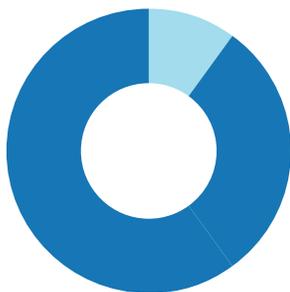
# A better solution for neck and back pain

Employees are a company's most valuable asset. When they don't feel well because of neck and back pain, health care and productivity costs can really add up. Of all people with chronic neck and back pain, only 20% need enhanced treatment, like injections or surgery. This accounts for 90% of costs.

## Long-term results at a lower cost

Surgery is a quick and costly solution that doesn't always fix the root problem. Instead, by strengthening the muscles that support the spine, patients can get long-term relief from pain and possibly avoid surgery. The TRIA Neck and Back Strengthening Program offers a workout on unique equipment that targets specific muscles unlike other physical therapy programs.

TRIA Neck and Back Strengthening is a rehabilitation program focused on improving core strength, endurance and mobility. Patients work one-on-one with the TRIA care team to identify and exercise the specific area to reduce or eliminate pain.



92% of patients referred for surgery didn't need it after completing the TRIA Neck and Back program.

## Why choose TRIA Neck and Back Strengthening Program?

Improve health, productivity and affordability for your employees. This program leverages TRIA's proven success of providing long-term solutions to neck and back pain and avoiding costly surgery. Employees will get an affordable solution that allows them to maintain their daily life, with custom strengthening exercises for now and into the future.

- Avoid unnecessary, costly surgery with care that's proven successful at focusing on treatment and prevention through exercise
- Maintain productivity through ongoing personalized and progressive treatment sessions
- Lower employee barriers to treatment with 100% member coverage (for HSA plans, coverage kicks in after a member pays their deductible)

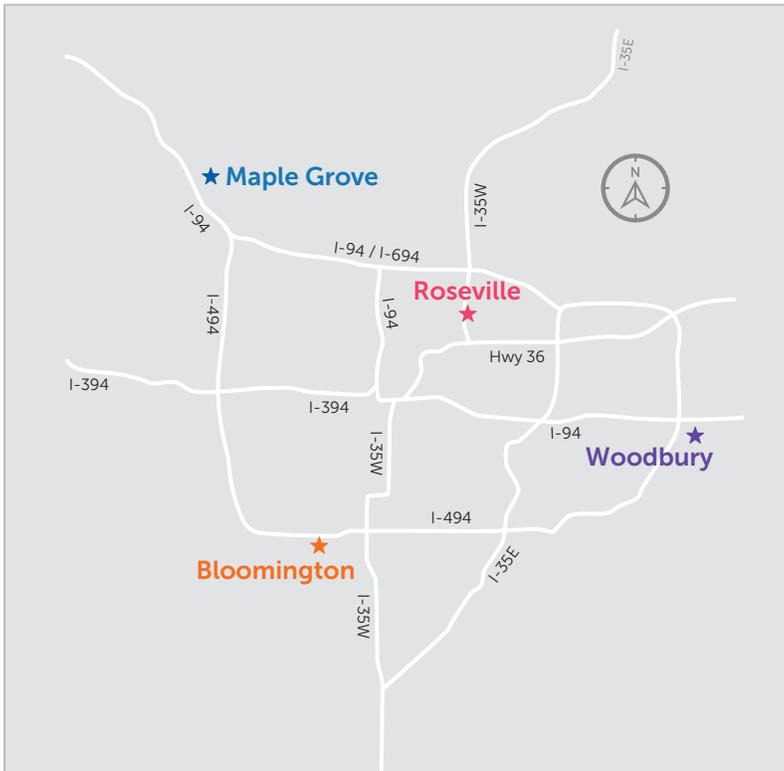
**Number 2** cause of missed workdays for adults under 45\*

**Number 3** cause of long-term disability\*

**Number 4** cause of short-term disability\*

\*According to National Business Group on Health®

## TRIA Neck and Back Strengthening Program locations in the Twin Cities area



### Program locations:

**TRIA Physical Therapy – Bloomington**  
3800 American Blvd. W., Suite 300

**TRIA Physical Therapy – Maple Grove**  
15315 Grove Circle N.

**TRIA Physical Therapy – Roseville**  
3050 Centre Pointe Drive, Suite 200

**TRIA Orthopedic Center – Woodbury**  
155 Radio Drive

### More information

See if TRIA Neck and Back Strengthening Program is a good fit for your company. Call your HealthPartners account manager at **952-883-5200** or **800-298-4235**.



\*According to National Business Group on Health®

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