

Reduce musculoskeletal spend with Motion Health program



Executive summary

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Background

In a Cerner health benefits utilization study, musculoskeletal expenses were identified as one of the top two health care claims. It was theorized that early identification and intervention would reduce the burden of associated health care costs. Attributes to consider in the future include:

- Range of motion limitation
- Muscular imbalances
- Asymmetrical movement tendencies

Health care costs include:

- Specialty physician visits
- Radiology tests
- Prescriptions
- Physical therapy
- Surgeries

Goal

Reduce musculoskeletal health care spend through employer-sponsored interventions, including:

- Motion capture screenings
- Certified athletic trainer (ATC) consults
- Large scale mobility classes
- Exercise prescriptions
- Member portal

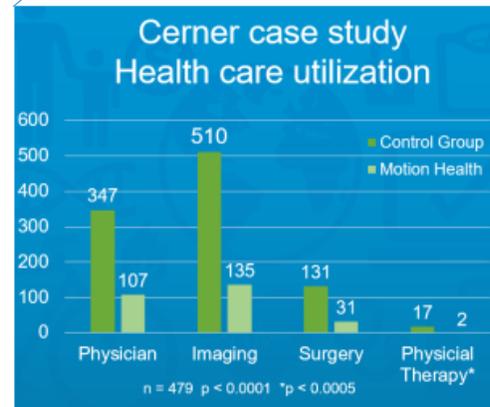
Challenge

Limited expertise in musculoskeletal assessments can lead to unnecessary:

- Referrals to specialists
- Diagnostic imaging tests
- Prescriptions

Without appropriate treatment of musculoskeletal issues, people can have:

- Lost and reduced productivity
- Increased absenteeism
- More disability claims
- Increased worker's compensation claims
- Higher health care spend

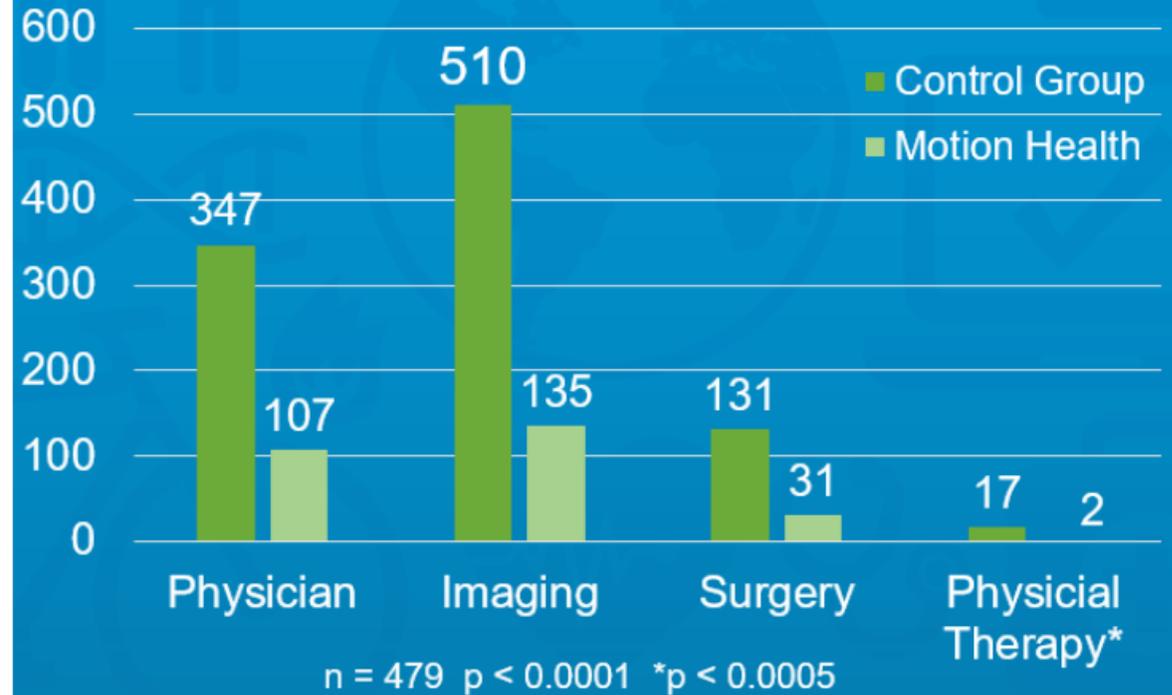


Description

A Motion Health (MH) program is designed to improve a person's mobility and proactively address areas of concern. It includes:

- A 20-minute, 3D screening of 12 movements using motion capture technology
- Motion analysis reports
- On-site ATC injury consultations
- Exercise prescriptions

Cerner case study Health care utilization



DARI works to continually develop the Cerner Motion Health program. Cerner has clearly shown that investing in the right technology can save employers millions of dollars in the short term. The key is driving employees to a corrective exercise program they can use after their screen to keep them engaged.

[Video Intro](#)