

## Scientific evidence Move 4 Life works

Move 4 Life has long relied on individuals identifying the safest and most efficient movements for them. This method is intentional and essential in helping individuals take greater ownership for the way they go about performing their work tasks.

Participants have always told us that the movements they discover in Move 4 Life are safer and more efficient.

More than 90% of Move 4 Life participants say that the movements are not only more comfortable than the ones that they currently use, but also applicable to their work and life.

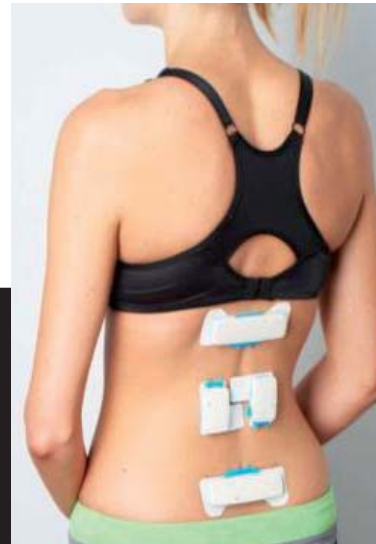
To us, this is no surprise given that Move 4 Life is based on the movements that occur most naturally and are most comfortable for us to use.

There has never been any way of proving with hard data the discoveries of tens of thousands of people who have experienced Move 4 Life.

UNTIL NOW...

### THE BENEFITS OF MOVE 4 LIFE

- 1 Reduced incidence and severity of sprain and strain injuries
- 2 Fewer manual handling lost time injuries
- 3 Savings on claims and compensation costs
- 4 Improved productivity through efficient movements and reduced fatigue



### New technology provides scientific evidence

Brand new **dorsaVi** movements and muscle activity sensor technology proves with hard data what people have been feeling for more than 10 years.

**Vi Safe**



[move4life.com.au](http://move4life.com.au)

## What are the results of the dorsavi analysis?

### LIFTING

When compared to common lifting techniques, Move 4 Life **can reduce** the amount of time spent in HIGH RISK levels of low back bending by up to 50% (33% on average)

This significantly reduces the high risks that come with compression of the low back discs.

**OUTCOME: fewer lower back injuries!**

**Explanatory Note:**  
High risk levels of low back bending are noted as time spent at greater than 40° lumbar (low back) flexion.

### REACHING

Compared to common reaching techniques, Move 4 Life **can reduce** low back muscular activity on average by 50%. Evidence is that these techniques are up to 40% faster.

This significantly reduces the muscular load on the low back muscles, thereby increasing efficiency and reducing fatigue.

**OUTCOME: fewer lower back injuries!**

### SHOULDERS

When lifting items above shoulder height, Move 4 Life can reduce muscle activity of the upper traps by more than 90% and reduce the amount of arm elevation by up to 60%.

Excessive upper traps activation is linked to an increase in rotator cuff injuries; with increased elevation resulting in an increase in overall load on the upper limbs, leading to accelerated fatigue.

When comparing techniques for pushing, Move 4 Life can reduce muscle activity of the upper traps by up to 66%.

**OUTCOME: fewer shoulder injuries!**

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For more information on how Move 4 Life can help your business reduce sprain and strain injuries, please don't hesitate to call us on (02) 8005 4100.

#### Contact

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