

Wired for Discomfort:

ADDRESSING BACK AND JOINT PAIN CHALLENGES IN TELECOM

Jon R. is a 60-year-old fiber optic ground line foreman from Canton, Ohio. He travels for work for long stretches—months at a time—and often lives in a trailer or temporary housing. Jon also takes on jobs nationwide, so he is constantly working in other states.

Before signing up for Vori, Jon had been dealing with a stabbing pain in his back that would shoot down into his right leg, halting him in his tracks while on the job. When Jon learned about Vori through his employer, he scheduled a virtual visit right away. A Vori physician diagnosed Jon with **sciatica** (a nerve injury caused by pressure on the sciatic nerve, sometimes from a herniated disc in the lower back) and prescribed an anti-inflammatory and physical therapy (PT) program. After ten virtual PT visits, Jon improved but continued to have pain in his leg. Jon's Vori physician re-evaluated him and discussed possible next steps, which included surgery since Jon had tried a full course of non-operative care. After discussing the pros and cons, **Jon decided to proceed with a consultation with an experienced back surgeon recommended by his Vori physician.**

The spine surgeon agreed with the assessment from Jon's Vori physician, and Jon underwent a **lumbar decompression**—a common surgery for his condition.

Following his surgery, Jon came back to Vori for post-op care. **Having optimized his strength and flexibility pre-surgery with Vori, Jon made rapid progress.** Despite traveling to multiple states for work, Vori's convenient virtual visits and AI-guided on-the-go exercises helped Jon stick to his care plan. In just 3 weeks Jon's pain improved to 0/10, and he's now back to living **pain-free.**

More than 1 in 2 employees suffer from musculoskeletal (MSK) pain.¹

“The convenience of Vori was everything. I don't know how else I would have recovered.”



JON R., FIBER OPTIC GROUND LINE FOREMAN

INDUSTRY PROFILE

Telecom

INDUSTRY SIZE: **1M EMPLOYEES²**
AVERAGE EMPLOYEE AGE: **44 YEARS OLD**

RISK FACTORS FOR MSK PAIN

- Long hours standing or sitting
- Heavy lifting and awkward postures
- Challenges with travel and remote work



REAL OUTCOMES, REAL ROI



62%

pain reduction

61%

improvement in mental health

78%

reduction in surgeries

UP TO

4X

return on investment

Connecting to physician-led care

Employees in the information sector hold the record for the highest amount of lost work days due to back and joint pain, **with an average of 33 days per case.³** With expert care that's easy to access, Vori Health helps your employees get back to work and their lives faster:

- ✓ Video visits that fit employee schedules
- ✓ Medical doctor-led care that reduces unnecessary surgery
- ✓ Personalized physical therapy plus an AI-powered coach

40%

of back and joint conditions require a medical doctor. That's why Vori is the trusted choice to address all of your workforce's needs.

Expert care, optimal results

Give your employees a better quality of life with physician-led MSK care. Learn more at vorihealth.com/employers or call (949) 338-6814.



ValidationInstitute

Vori Health's care model for low back pain is proven to reduce pain, surgery, imaging, and injections.