All PREAct offerings are complimentary and available in person or a virtual format. Airrosti will provide all necessary materials and employee communications.

Musculoskeletal Benefit Workshops

What is Airrosti?
Introduction and education on Airrosti's outcome-based care, rapid recovery for common conditions and injuries, and opportunities to help avoid surgeries, imaging, or other unnecessary care

What is Airrosti Remote Recovery?
Overview of Airrosti's convenient and effective virtual care, Airrosti Remote Recovery. Highlights the key components of the online program, appropriate injuries, and benefit details

Ask the Doc Program
An interactive and educational Q&A led by an experienced Airrosti Provider

Experience Airrosti Programs

Injury Assessment Day(s)
Complimentary one-on-one assessments with an Airrosti Provider that include a thorough evaluation, injury education, and recovery options (approximately 15 minutes each)

Injury Specific Workshops

Back Pain & Spine Surgery Prevention
Best Foot Forward: Avoiding Plantar Fasciitis
Headaches: It's Not Just in Your Head
Tech Neck: Common Conditions Caused by Technology

Musculoskeletal Wellness Activities

Head & Shoulders Above Pain: Preventing Shoulder Injuries
Health at Your Desk
Health Behind the Wheel
Health on the Line
Health on the Move: Addressing Lower Body Pain
Pre-Shift Warmup
Steps Toward a Better You: Running & Walking Injury Prevention

Exercise Class Format
Foundations of Fitness
Lacrosse Ball: Upper Body & Lower Body
We've Got Your Back

Employee Communications

Customized Benefit Announcements
(emails, posters, table tents)
Quarterly Injury Prevention Spotlight Emails