The Sports Medicine Model of Injury Prevention for First Responders and its Impact

Wednesday, October 19th | 3:00 PM
We protect those who protect us
Pro athletes get specialized high-level of quality orthopedic care. We believe the same expedited quality care should be available to our local heroes.
Every day, public safety workers get hurt on and off the job.
When a member of the team is injured in the line of duty, the Chief's responsibility is to help them recover fully and get back to work as quickly and efficiently as possible.
The workers' compensation claim process is confusing, and bureaucracy will prevent injured employees from getting customized care from a specialist who understands the demands of their job.
READY REBOUND
We protect those who protect us
"I started Ready Rebound because we wanted to get people back to their jobs as quickly as possible, to their families as quickly as possible and back to their lives as quick as possible."

Luis Rivera, Ready Rebound Founder
PT, ATC, COMT, PES
with proven track record

59,850+
Lives Protected
(and growing)

227
Municipalities
(and building)

10+
YEARS
MINORITY
OWNED BUSINESS
DEDICATED TO THIS
HEALTHCARE SOLUTION

Ready Rebound's Evolution

Problem discovered 2010

Research & Development 2010-2015

Innovation grant 2015

Incorporation 2015

Rapid growth 2016-2020

Ready Rebound is rebranded 2020

Currently

10 states
34 employees
We take great pride in establishing

Trustworthy, transparent and mutually beneficial partnerships

with the municipalities, insurance companies, healthcare providers, and the lives we serve
100+ YEARS expertise in sports medicine and patient advocacy

90+ YEARS combined in law enforcement, firefighting and education
Ready Rebound vs traditional treatment

In **traditional treatment**, injured workers face repeated delays

- Wait for primary app.
- Primary Follow-up
- Rest or Physical Therapy
- Primary Follow-up
- Ortho Consult
- Surgery
- Physical Therapy
- BACK TO WORK

JANUARY ———— JUNE ———— SEPTEMBER

With **Rebound**, injured workers received expedited, high-quality care

- Call Rebound
- Ortho Consult
- Surgery (Physical Therapy)
- Physical Therapy
- BACK TO WORK
- 3-MONTH FASTER RECOVERY

JANUARY ———— JUNE ———— SEPTEMBER
Our exclusive healthcare network consists of the very best practitioners in your region that provide unprecedented access and value.
Accelerated access

Our providers commit to giving each of our members the VIP experience that all professional athletes receive. This includes priority scheduling and collaborative communication.
Provider Development Program

Our doctors and therapists gain insight into our members' physically demanding jobs through hands-on training and continuing education.
The Process

Working with Ready Rebound is easy for administrators and employees.

- Sign contract
- Complete Integration
- Training & education
- Receive services
Our Navigators provide support and treatment options over the phone.
Our Advocates are with employees every step of the way. We help them stay on track with appointments and weekly check-in calls.
We keep all stakeholders informed with updates regarding care plans for each member injured on-duty.
We are committed to serve and protect those who protect us, and to their immediate family members who are eligible to use our services when they get injured, following their insurance mandates.
We inform and educate your employees and their families about our services.
# Village of Mukwonago Utilities Savings Estimation

<table>
<thead>
<tr>
<th>Total Number of Cases</th>
<th>Number of Wait Days Saved</th>
<th>Total Overtime Savings Estimate</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 On duty</td>
<td>13 Off duty</td>
<td>143 Combined days saved from all interventions</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Total Cases to MD</th>
<th>Total Cases to MRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 Rebound Total Days to Initial MD for all cases</td>
<td>5 Rebound Total Days to MRI</td>
</tr>
<tr>
<td>1 Rebound Average number of days to Initial MD</td>
<td>0 Rebound Average number of days to MRI</td>
</tr>
<tr>
<td>14 Typical days to Initial MD per case</td>
<td>14 Typical days to MRI per case</td>
</tr>
<tr>
<td>56 Typical total days to Initial MD for all cases</td>
<td>14 Typical total days to MRI for all cases</td>
</tr>
<tr>
<td>51 Total days saved to initial MD visit</td>
<td>14 Total days saved to MRI</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Total Cases to Physical Therapy</th>
<th>Total Cases to Surgery</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Rebound Total Days to PT for all cases</td>
<td>1 Rebound Total Days to Surgery</td>
</tr>
<tr>
<td>5 Rebound Average number of days to PT</td>
<td>1 Rebound Average number of days to surgery</td>
</tr>
<tr>
<td>14 Typical days to PT per case</td>
<td>1 Typical days to surgery per case</td>
</tr>
<tr>
<td>28 Typical total days to PT for all cases</td>
<td>60 Typical total days to surgery for all cases</td>
</tr>
<tr>
<td>19 Total days saved to Physical Therapy</td>
<td>59 Total days saved to Surgery</td>
</tr>
</tbody>
</table>

**Total Number of Courtesy Cases:** 0

**My Advocate**

Liz Whitley
ewhitley@justrebound.com

[Image of a person with a name and email]
### City of Muskego Police Department Savings Estimation

#### Total Number of Cases
- **On duty**: 1
- **Off duty**: 7
- **Total**: 8

#### Total Cases to MD
- **Total**: 7
- **Rebound Total Days to Initial MD for all cases**: 10
- **Rebound Average number of days to initial MD**: 1
- **Typical days to initial MD per case**: 14
- **Typical total days to initial MD for all cases**: 98
- **Total days saved to initial MD visit**: 88

#### Total Cases to MRI
- **Total**: 2
- **Rebound Total Days to MRI**: 6
- **Rebound Average number of days to MRI**: 3
- **Typical days to MRI per case**: 14
- **Typical total days to MRI for all cases**: 28
- **Total days saved to MRI**: 22

#### Total Cases to Physical Therapy
- **Total**: 3
- **Rebound Total Days to PT for all cases**: 10
- **Rebound Average number of days to PT**: 3
- **Typical days to PT per case**: 14
- **Typical total days to PT for all cases**: 42
- **Total days saved to Physical Therapy**: 32

#### Total Cases to Surgery
- **Total**: 1
- **Rebound Total Days to Surgery**: 36
- **Rebound Average number of days to surgery**: 36
- **Typical days to surgery per case**: 60
- **Typical total days to surgery for all cases**: 60
- **Total days saved to Surgery**: 24

#### Number of Wait Days Saved
- **Combined days saved from all interventions**: 166

#### Total Overtime Savings Estimate
- **Estimated cost per backfill/OT shift $412**: $51,294.00

#### My Advocate
- **Liz Whitley**
- **ewhitley@justrebound.com**

#### Total Number of Courtesy Cases
- **Total**: 1
Village of Mukwonago Public Works Savings Estimation

Total Number of Cases
1 On duty | 0 Off duty
1

Number of Wait Days Saved
Combined wait days saved from all interventions
87

Total Overtime Savings Estimate
Estimated cost per backfill/OT shift $332.64
$20,671.20

Total Cases to MD
1
Rebound Total Days to Initial MD for all cases 1
Rebound Average number of days to initial MD 1
Typical days to initial MD per case 14
Typical total days to initial MD for all cases 14
Total days saved to initial MD visit 13

Total Cases to MRI
1
Rebound Total Days to MRI 3
Rebound Average number of days to MRI 3
Typical days to MRI per case 14
Typical total days to MRI for all cases 14
Total days saved to MRI 11

Total Cases to Physical Therapy
1
Rebound Total Days to PT for all cases 7
Rebound Average number of days to PT 7
Typical days to PT per case 14
Typical total days to PT for all cases 14
Total days saved to Physical Therapy 7

Total Cases to Surgery
1
Rebound Total Days to Surgery 4
Rebound Average number of days to surgery 4
Typical days to surgery per case 60
Typical total days to surgery for all cases 60
Total days saved to Surgery 56
# Village of Pleasant Prairie Police Savings Estimation

## Total Number of Cases
- **On duty**: 1
- **Off duty**: 2

## Number of Wait Days Saved
- Combined days saved from all interventions: 95

## Total Overtime Savings Estimate
- Estimated cost per backfill/OT shift: $451.66
- Total overtime savings: $30,648.36

## Total Number of Courtesy Cases
- **1**

### Total Cases to MD
- **2**
  - Rebound Total Days to Initial MD for all cases: 7
  - Rebound Average number of days to initial MD: 4
  - Typical days to initial MD per case: 14
  - Typical total days to initial MD for all cases: 28
  - Total days saved to initial MD visit: 21

### Total Cases to MRI
- **2**
  - Rebound Total Days to MRI: 9
  - Rebound Average number of days to MRI: 5
  - Typical days to MRI per case: 14
  - Typical total days to MRI for all cases: 28
  - Total days saved to MRI: 19

### Total Cases to Physical Therapy
- **2**
  - Rebound Total Days to PT for all cases: 14
  - Rebound Average number of days to PT: 7
  - Typical days to PT per case: 14
  - Typical total days to PT for all cases: 28
  - Total days saved to Physical Therapy: 14

### Total Cases to Surgery
- **2**
  - Rebound Total Days to Surgery: 79
  - Rebound Average number of days to surgery: 40
  - Typical days to surgery per case: 60
  - Typical total days to surgery for all cases: 120
  - Total days saved to Surgery: 41
# North Shore Fire Department (LWMMI) Savings Estimation

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<tr>
<td>15 On duty</td>
<td>12 Off duty</td>
<td>Combined days saved from all interventions</td>
</tr>
<tr>
<td><strong>27</strong></td>
<td><strong>745</strong></td>
<td><strong>$308,041.54</strong></td>
</tr>
</tbody>
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## My Advocate

- **Name:** Liz Whitley  
  **Email:** ewhitley@justrebound.com

## Total Number of Courtesy Cases

<table>
<thead>
<tr>
<th>Cases</th>
<th>Value</th>
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</thead>
<tbody>
<tr>
<td><strong>4</strong></td>
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## Total Cases to MD

<table>
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<tr>
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<th>Rebound Total Days to Initial MD for all cases</th>
<th>Rebound Average number of days to initial MD</th>
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<tbody>
<tr>
<td><strong>27</strong></td>
<td>132</td>
<td>5</td>
<td>14</td>
<td>378</td>
<td>246</td>
</tr>
</tbody>
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## Total Cases to MRI

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<td><strong>10</strong></td>
<td>43</td>
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<td>140</td>
<td>97</td>
</tr>
</tbody>
</table>

## Total Cases to Physical Therapy

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<tr>
<td><strong>15</strong></td>
<td>85</td>
<td>6</td>
<td>14</td>
<td>210</td>
<td>125</td>
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## Total Cases to Surgery

<table>
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<tr>
<th>Cases</th>
<th>Rebound Total Days to Surgery</th>
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<tr>
<td><strong>8</strong></td>
<td>203</td>
<td>25</td>
<td>60</td>
<td>480</td>
<td>277</td>
</tr>
</tbody>
</table>
Financial benefits
Ready Rebound 2020 Data

Our clients are seeing a dramatic increase in savings related to injuries

Total Overtime Savings

$13,114,011

1,027
Member injuries treated

$11,078
Average Overtime Savings per Injury
LWMMI Clients 2021 Data

Our clients are seeing a dramatic increase in savings related to injuries

Total Overtime Savings

$644,355
LWMMI 2022 Data

2022 Year to Date LWMMI Savings

Total Claims Savings

$100,577
One important point is the positive impact the program has on the mental well-being of injured members. They are in a much better place knowing they have a team of people truly vested in helping them get back on the line as quick as possible. This is priceless.

John Schwengel
Assistant Chief, Milwaukee Fire Department
CONTACT

TIM SHARPEE
Chief Revenue Officer
tsharpee@readyrebound.com
(414) 255-4816