

## Surgeons' oversight committee report update January 21, 2007

To: **Cal OSHA, California Occupational Health & Safety Administration**

Chaired by: Robert S. Blum M.D., Inc. *Neuro-Surgery • Specializing in Spinal Surgery*

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As per government and corporate entity request, we have personally seen and observed PSR® specialized loss injury prevention training systems including performance, results, and their ongoing impact on injury statistics. Monitoring has occurred in a period over 20 years. PSR® is also known as Professional Safeguard Response®, and has been seen applied through various work arenas incl: public safety, medical, utilities, manufacturing, freight distribution, and multiple physically demanding work performance industries.

It works. Statistically it has been observed as a unique, highly effective loss injury prevention system and we remain of the opinion PSR® is as designated by multiple entities, an exclusive, sole source system in the United States. PSR® Corporation - as exclusive provider - defines its' work as autonomic body sequencing training imprinted into reflex based performance demand.

This approach to body mechanics utilizes relevant Western medical principles and correct orthopedic practices and these are fluidly synthesized into certain Eastern (Asian) long practiced physical, biomechanical, martial and therapeutic sciences which emphasize a kinesthetic (muscle sensory) approach to ever changing occupational demand and circumstances. PSR® answers the real work performance question: what the experience of the work "feels like" when it is done correctly, in routine and in more extreme demand, as well as when fatigued, under stress, and in emergency.

PSR® teaches critical body response® by re-educating the body to support and move weight and undertake effort through a unified body response with imprinted, reflex based actions. The system utilizes physiological laws of stability which reduce compressive and rotational stress to the spine and the joints while still focused on the work at hand. Examples of the readily maturing concepts imprinted are: controlled intra-truncal pressure integrated with neutral cervical and lumbar spine maintained by core and lower center body musculature sequenced simultaneously into movement to neutral shoulders and knee joints, with head and feet coming in line with effort, and from a triggered counter balance leg with rear foot buoyant on a highly leveraged body stable base. These systems together with job and career specific techniques are imprinted to apply in varied physical, physiological, and psychological demands. Examples: reaching for limp patients or resistant and demanding weights, in extremes circumstances such as over impedances or on the knees or on relatively unstable surfaces. The diaphragmatic (breath control) muscle assumes a greater role in effort than in any other program for industrial hygiene, ergonomics, biomechanics, kinesiological and loss control training systems seen anywhere.

The originator of PSR®, Jack S. Kanner, CEO, has been internationally distinguished over three decades in the application of Asian physical sciences to body mechanics for employees at greater risk to injury. This unique work hardening is very valuable for people confronted with fatigue, ordinary or extraordinary demands upon their bodies as it develops spontaneous, patterned response to cumulative and extreme work demands.

Application of these principles results in significant reductions in preventable injury incidents, severity and the need for surgery.

Dr. Robert Blum, MD, senior surgeon – AMA surgeons group