



CASE STUDY



KEY TAKEAWAYS

Major Technology Company + **BIOKINETIX**[®]

CLIENT NAME: Confidential, Major Technology Company

INDUSTRY: Construction

CASE STUDY LOCATIONS:

Nine active sites across Wisconsin, Illinois, Virginia, Arizona, and Georgia

EMPLOYEES: Approx. 5,000 construction workers across all sites

PROGRAM START: June 2022 (one-month pilot); ongoing and expanding



96.2% triage success rate – no recordability



232 incident triage cases successfully resolved in 2025



8.3:1 ROI on the BIODINETIX program



1M+ work hours at two sites with zero recordables or lost time

What began as a one-month pilot on a single data center construction site in June 2022 has expanded into a nine-site partnership spanning the country. A general contractor brought in BIODINETIX after a rash of soft tissue injuries, including rolled ankles and strained low backs, threatened worker health and project momentum. By embedding licensed medical professionals on-site to deliver proactive injury prevention, ergonomic coaching, and one-on-one personal care programs, BIODINETIX transformed the safety culture across an entire construction program.



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THE CHALLENGE

When a leading general contractor broke ground on a build for a major technology company, a wave of soft tissue injuries emerged early in the project. The physically demanding, ever-changing nature of construction work brought on a rash of rolled ankles, strained low backs, and chronic aches and pains.

The site already had a paramedic on staff, skilled for emergency response, but that expertise didn't extend to the musculoskeletal injuries that were driving up incident rates and threatening worker well-being on and off the site. The team needed a different kind of specialist, one who could get ahead of soft tissue injuries before they became recordables, build trust with a skeptical workforce, and adapt in real time to the constantly shifting demands of an active construction site.

In June 2022, BIOKINETIX was brought on for a one-month pilot. The results spoke for themselves, and the partnership has grown ever since.

THE BIOKINETIX APPROACH

On-Site Athletic Trainers

BIOKINETIX embedded licensed medical professionals, known as Athletic Trainers, directly on the construction sites. Each professional is a biomechanics and movement expert, not simply a first-aid provider. Their role is to engage workers where the work is happening, building the trust and relationships that make coaching effective.

Job-Specific Stretch & Flex

Every morning begins with a structured stretch and flex program, but at BIOKINETIX, generic stretches don't make the cut. Athletic Trainers customize warm-ups to reflect the actual work being performed that day. Teams pouring concrete focus on activating hips and lower backs. Electricians pulling cable work through upper back activation and rotator cuff preparation.

As the project phases evolve, from foundational work to building shell to interior MEP systems, so does the program. These aren't static routines; they're living, responsive protocols that shift as new trades arrive and new tasks begin. This approach delivers real physiological benefits: increased blood flow, greater soft tissue pliability, improved balance and coordination, and better motor control before workers ever pick up a tool.

Ergonomics & Computer Vision Assessments

BIOKINETIX uses computer vision software to quantitatively assess the physical risk associated with specific job tasks. Whether a worker is bending pipe, operating a jackhammer, or terminating cable, the technology captures movement data that guides targeted coaching recommendations. Improvement may include better body positioning, tool modifications, and technique adjustments.

This data-driven approach also powers behavior change. When an Athletic Trainer can show an electrician that walking 100 feet to retrieve a pipe bender reduces their low back injury risk by 80%, the case for changing behavior becomes concrete and compelling.



ENGINEERING
ERGONOMICS
EXERCISE

"We end up being one of the most popular people on site because we're there for the team."

– Dylan, BIOKINETIX
Athletic Trainer

THE SCIENCE OF MORE **UPTIME**



Personal Programs & One-on-One Care

Construction workers carry more than their tools to the job site. Old sports injuries, weekend side work, and years of physical wear and tear follow them every morning. BIOKINETIX Athletic Trainers meet workers where they are, whether the discomfort is work-related or not, offering one-on-one personal programs that address soreness and dysfunction before it becomes injury.

With an average of 2.8 follow-up appointments per program, workers aren't just assessed and sent back to work. They're guided through a short arc of care that resolves the issue and keeps them productive. In 2025 alone, more than 1,150 personal programs were opened across the nine sites.

Walk Off With One™ Education

Each morning's stretch and flex session concludes with a Walk Off With One moment: a single, actionable injury prevention tip drawn from real observations made on that site. These brief, field-specific insights reinforce habit change without slowing down the workday.

Injury Prevention Roadmap

At the request of the client's executive leadership, BIOKINETIX developed a phase-based Injury Prevention Roadmap for data center construction. Rather than reacting to incidents as they occur, the roadmap anticipates which injury types are likely during each phase of a project, like foundation work, structural build-out, or interior MEP installation, and deploys targeted education and ergonomic training ahead of those risks.

This proactive, strategic approach is what separates BIOKINETIX from traditional on-site medical staffing. It's not just a professional sitting in a trailer. It's a program with a plan.

Building Trust Across All Crews

Experienced trade workers have seen a lot of safety programs come and go. Gaining their trust requires a different approach. BIOKINETIX Athletic Trainers lead with curiosity rather than directives, asking workers about their tasks, learning the specifics of the job from the people who do it, and positioning themselves as biomechanics experts, not safety police.

Once workers understand that BIOKINETIX is there to help them feel better and go home healthy, not write them up, engagement takes off. Veterans come in with their knees, their shoulder, their back. Younger workers watch and follow. Subcontractor foremen become advocates. The ripple effect is real and it compounds over time.

THE IMPACT

What started as a one-month pilot has become a multi-year, nine-site national partnership, a testament to the sustained, measurable results BIOKINETIX delivered from day one. Two sites in Wisconsin and Illinois each surpassed one million work hours without a single recordable injury or lost time incident, a milestone that caught the attention of the client's executive leadership and directly drove expansion to additional sites in Virginia, Arizona, Georgia, and beyond.



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The financial impact has been equally significant. At the program's largest site, a conservative analysis calculated \$1.9 million in medical cost savings, delivering an 8.3 to 1 return on investment. This shows the BIODINETIX program more than pays for itself while keeping workers healthier and more productive.

THE RESULTS

2025 Program Data

96.2% triage success rate – no recordability

1,150+ personal programs opened for workers across nine sites

\$1.9M conservative medical cost savings at largest site

232 incident triage cases successfully resolved in 2025

8.3:1 ROI on the BIODINETIX program

1M+ work hours at two sites with zero recordables or lost time

WHY IT MATTERS

Construction sites are among the most physically demanding and unpredictable work environments in any industry. Workers battle extreme heat and freezing cold. Job tasks shift constantly as phases turn over. New crews arrive. Trades rotate. And the workforce itself is transient, making consistency in safety culture genuinely difficult to achieve.

BIODINETIX thrives in exactly this environment. By embedding qualified medical professionals directly on site who understand both biomechanics and the reality of the work, we help construction programs move from reactive to proactive, from incident management to injury prevention. From a single anxious pilot to nine thriving sites, this partnership demonstrates what's possible when the right expertise is placed exactly where it's needed most.

THIS IS THE SCIENCE OF MORE UPTIME

Interested in more information on how to implement an injury-prevention program and/or provide high-quality injury triage at your facility?

Contact us at info@biokinetix.com or 773-227-4447.