



TULA Mobile Chiropractic
where balance comes to you



Onsite Corporate Wellness Program

MUSCULOSKELETAL CARE FOR
THE MODERN WORKPLACE

CHIROPRACTIC • MANUAL THERAPY • MASSAGE •
ERGONOMICS • WELLNESS EDUCATION

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www.tulachiro.com

TULA MOBILE CHIROPRACTIC

Onsite Corporate Wellness Program

MUSCULOSKELETAL CARE FOR THE MODERN WORKPLACE

Today's workforce experiences increasing physical strain from prolonged sitting, repetitive tasks, stress, and limited movement during the workday.

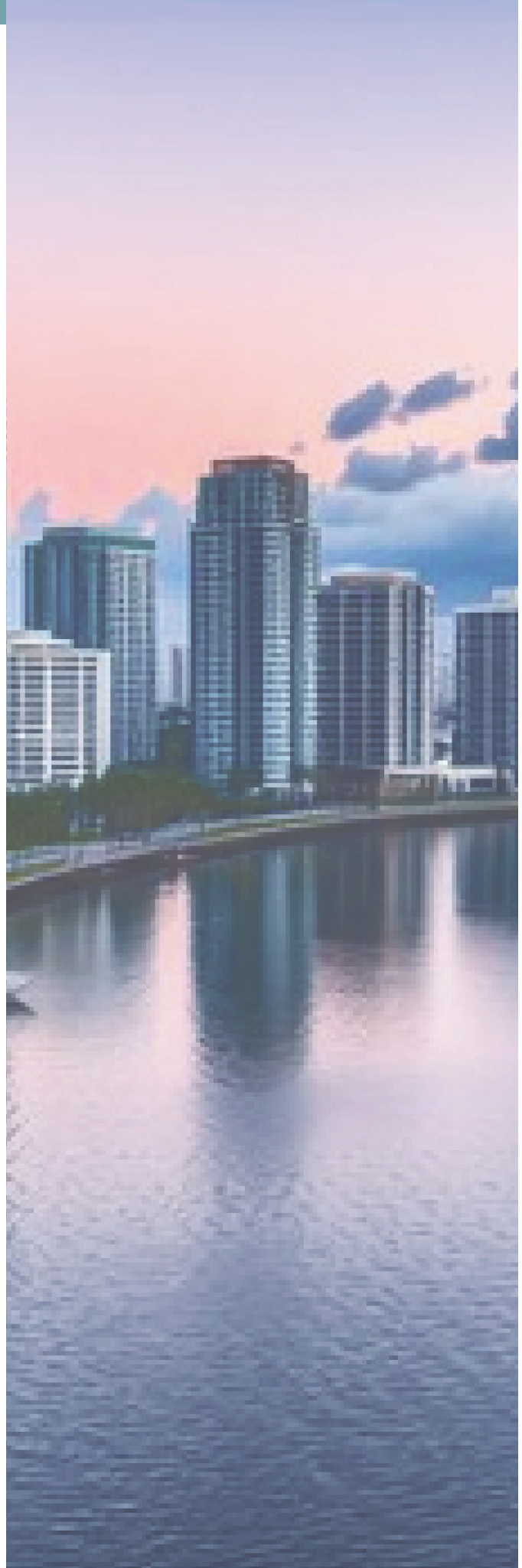
Over time, these factors contribute to discomfort, reduced productivity, preventable workplace complaints, and lower employee engagement.

TULA Mobile Chiropractic delivers hands-on, onsite physical care directly in the workplace—making care accessible, convenient, and effective while supporting organizational performance and workforce sustainability.

Our Corporate Wellness Program helps employees move, feel, and function better at work through personalized care, ergonomic education, and proactive injury prevention strategies that support both wellbeing and business outcomes.

WHAT MAKES TULA DIFFERENT

- Licensed chiropractic physician-led care
- Concierge-style onsite delivery
- Chiropractic, manual therapy, dry needling, and massage in one program
- Designed to integrate with broader wellness initiatives



Why Physical Discomfort Impacts Performance at Work

Today's workforce faces increasing physical demands—from prolonged sitting and screen-based work to repetitive, physically demanding tasks. When physical strain accumulates without timely support, it quietly impacts employee performance, engagement, and productivity.

Musculoskeletal issues often develop gradually and do not always result in immediate injury reports—making them easy to overlook, yet costly over time.

COMMON WORKPLACE CHALLENGES

- Prolonged sitting and static postures
- Repetitive movements and screen-heavy tasks
- Physically demanding labor, lifting, or prolonged standing
- Limited recovery time between workday

HOW THESE ISSUES IMPACT BUSINESS OUTCOMES

When physical discomfort goes unaddressed, organizations often experience:

- Reduced focus and productivity
- Higher rates of presenteeism
- Recurring complaints and early strain patterns
- Lower employee engagement and retention

These challenges frequently emerge before formal injury claims, making them difficult to identify and address through traditional reporting channels.

WHY ONSITE MUSCULOSKELETAL SUPPORT MATTERS

Traditional wellness programs often prioritize education or awareness but lack direct physical intervention. Without hands-on support, employees tend to delay care until discomfort escalates.

Onsite musculoskeletal care enables organizations to intervene early—supporting employee comfort, protecting productivity, and reinforcing a proactive, performance-focused approach to workforce wellbeing.



What Onsite Corporate Wellness Looks Like in Practice



CONSISTENT CARE, RECOVERY & PREVENTION

Onsite corporate wellness brings hands-on physical care directly into the workplace, allowing employees to access support without leaving the office or disrupting productivity. Care is delivered efficiently and integrated into the workday—supporting comfort, recovery, and proactive injury prevention.



REGULAR ONSITE CARE

Onsite wellness visits provide employees with convenient access to focused, hands-on care during the workday. Sessions are designed to address common movement concerns early, helping reduce discomfort while supporting mobility and sustained performance.

INTEGRATED MASSAGE & RECOVERY SERVICES

Massage therapy may be integrated to support muscle recovery, stress reduction, and overall physical wellbeing. Licensed massage therapists are added as needed based on participation, program flow, and organizational goals.



HOW THE PROGRAM WORKS

- Scheduled onsite wellness days coordinated with leadership
- Brief, efficient care sessions designed to minimize work disruption
- Chiropractic, manual therapy, and massage delivered as appropriate
- Ergonomic and movement education integrated onsite

Foundational Physical Wellness Program

Quarterly Onsite Support

PROGRAM OVERVIEW

The Foundational Physical Wellness Program is designed as a strategic introduction to onsite wellness care. This quarterly program allows organizations to address common physical strain in the workplace, support employees with the highest immediate needs, and evaluate overall wellness demand before committing to ongoing onsite services. This program functions as a pilot-level offering, focused on assessment, education, and targeted support rather than full workforce coverage.

WHAT'S INCLUDED

- One quarterly onsite wellness visit
- Targeted chiropractic and manual therapy for priority employees
- Brief ergonomic assessment and workstation guidance
- Group wellness touchpoint or educational component
- Program insights to inform future wellness planning

Care is delivered onsite with an emphasis on movement efficiency, comfort at work, and early intervention for common workplace complaints.

WHEN THIS PROGRAM IS THE RIGHT FIT

- Organizations with 20–35 employees
- Office-based or professional environments
- Companies new to onsite wellness programs
- Employers seeking a low-risk pilot before expanding services
- Teams looking to improve ergonomics and reduce early discomfort

PROGRAM INTENT

Quarterly onsite support is designed to provide exposure, insight, and targeted care, helping leadership determine whether monthly or weekly onsite wellness support is appropriate as employee engagement and needs evolve.

Movement & Prevention Program

Monthly Onsite Support

PROGRAM OVERVIEW

The Movement & Prevention Program provides consistent monthly onsite care designed to address common workplace movement concerns before they escalate. This program supports employee comfort, mobility, and productivity while helping organizations reduce preventable strain and disruption.

WHY WEEKLY / BI-WEEKLY WORKS

More frequent onsite support allows for faster intervention, greater participation, and stronger continuity of care. This cadence is ideal for high-demand work environments, growing teams, or organizations prioritizing employee experience, productivity, and proactive wellness investment.

WHAT'S INCLUDED

- Weekly or bi-weekly onsite wellness visits
- Chiropractic, manual therapy, and massage services
- Ergonomic and movement education integrated onsite
- Scalable staffing support based on participation
- Ongoing program insights to support utilization and outcomes

Care is delivered onsite with a focus on efficiency, recovery, and sustaining employee performance throughout the workweek.

WHEN THIS PROGRAM IS THE RIGHT FIT

- Organizations with 75+ employees or high participation demand
- Physically demanding or fast-paced work environments
- Companies prioritizing retention, performance, and recovery
- Employers seeking a visible, high-impact wellness benefit

PROGRAM INTENT

This program is designed to embed physical wellness into company culture—providing consistent care access, improving engagement, and supporting sustainable performance as organizations grow.

Comprehensive Physical Wellness Program

Weekly or Bi-Weekly Onsite Support

PROGRAM OVERVIEW

The Comprehensive Physical Wellness Program delivers frequent, onsite care for organizations seeking a high-impact approach to employee health and performance. With regular access to chiropractic care, manual therapy, and massage, this program supports recovery, movement efficiency, and sustained workforce resilience.

WHY MONTHLY WORKS

Monthly onsite support allows for early identification of movement issues, consistent touchpoints with employees, and proactive education—without disrupting workflows. This cadence is ideal for maintaining momentum, reinforcing healthy work habits, and preventing minor issues from escalating between visits.

WHAT'S INCLUDED

- Monthly onsite wellness visits
- Chiropractic and manual therapy for participating employees
- Group ergonomics, posture, or mobility education
- Movement-based injury prevention strategies

Care is delivered onsite with a focus on early intervention, movement efficiency, and sustainable work habits.

WHEN THIS PROGRAM IS THE RIGHT FIT

- Organizations with 40–75 employees
- Office-based or mixed-movement work environments
- Teams experiencing recurring discomfort or postural strain
- Employers seeking consistent wellness support without weekly visits

PROGRAM INTENT

Monthly onsite support builds consistency, trust, and insight—helping organizations stabilize wellness needs and determine when expanded or weekly care is appropriate.

Integration with Broader Wellness Initiatives

How TULA Mobile Chiropractic complements digital and platform-based wellness programs

Seamless Integration

Onsite musculoskeletal care that complements digital wellness platforms

ONSITE MUSCULOSKELETAL CARE AS A CORE WELLNESS PILLAR

TULA Mobile Chiropractic provides hands-on, onsite musculoskeletal care that integrates seamlessly into broader corporate wellness strategies. Our services address physical strain, movement limitations, and workplace-related discomfort that digital programs alone cannot resolve.

DESIGNED TO COMPLEMENT DIGITAL & VIRTUAL WELLNESS PROGRAMS

TULA's onsite services are designed to plug into existing wellness platforms, including nutrition, metabolic health, and wellness challenge programs. This allows employers to offer a comprehensive wellness experience that combines education, engagement, and physical care.



TULA Mobile Chiropractic currently collaborates with wellness programs including platforms such as Koi Wellness Solutions (powered by Nuvita) to support employers seeking an integrated approach to corporate wellness.

Next Steps & Contact Information

Onsite Corporate Wellness Services

Thank you for the opportunity to review TULA Mobile Chiropractic's Corporate Wellness Program. We welcome the opportunity to discuss your organization's goals and explore how onsite musculoskeletal care can enhance your existing wellness initiatives.

TULA Mobile Chiropractic Onsite Corporate Wellness Services

Phone: 786-567-4859

Email: drgomez@tulachiro.com

Website: www.tulachiro.com

Service Area: South Florida (Onsite services)

What Happens Next

- Brief discovery call to understand your workforce and goals
- Review program options and scheduling preferences
- Customize onsite care frequency and scope

We welcome the opportunity to schedule a brief discovery call.

