



# ISR Physical Therapy Newsletter

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*A Proactive Approach to Excellence in Health and Rehabilitation*

**TREVOR SPEAKS AT CONFERENCE IN FRANCE**

**April 2008**

ISR Physical Therapy and Industrial Safety & Rehabilitation Institute are excited to announce one of their members will be speaking at the Society of Petroleum Engineers conference in Nice, France on April 17th. Mr. Bardarson will be presenting on "Medical Fitness for Duty" with Dr. Stephen Frangos-Medical Director for Chevron Corporation.

Mr. Bardarson has managed the functional testing portion of the Medical Fitness for Duty program for Chevron since 2001. He is responsible for the Gulf of Mexico region as well as the Texas to Alaska regions. The program he has helped design has endured proper matching of employees with the physical work requirements of the job. This has improved the safety of employees and has resulted in reduced injuries for Chevron. The program he has designed is currently demonstrating a 7 to 1 return on investment for Chevron.

Mr. Trevor Bardarson is a physical therapist with 14 years experience who specializes in orthopedics, ergonomics, and functional testing. Along with his partner Richard Bunch PhD, PT, he has consulted with companies such as Chevron, Halliburton, Schlumberger, Tidewater Marine, Proctor & Gamble, Entergy Corporation and many others. He lives in Houma with his wife and 4 children.

***"No Excuses, Just Results!"***  
[www.isrphysicaltherapy.com](http://www.isrphysicaltherapy.com)



**Richard Bunch PhD, PT**



**Trevor Bardarson PT, OCS**



**Marc Cavallino MPT, OCS**



**Kristy Trosclair, PT**

## **Fit Tips:**



### **Spring's a Great Time to Start an Exercise Program**

With the arrival of spring's warmer weather, you may be eager to shake off that winter lethargy by starting an exercise program.

However, if you've been fairly inactive during the winter, you need to ease into your spring exercise routine. Consult with your Doctor before beginning your program.

Identify your goals and preferences. Are you trying to shed 10 or 15 pounds? Is your goal to complete a 5K or 10K run? Whatever your goal, it important that you choose an exercise or activity that you enjoy doing. Whether it's bicycling, walking, swimming, in-line skating or dancing, you'll be more likely to stick with it if you like doing it. *Too Busy? Something is better than nothing. Even if you can only fit in five or 10 minutes of exercise several times a day, you'll achieve significant health benefits.*

**“Before therapy there was no way I could bend to tie my own shoes.  
Now, I have no problem bending to put my shoes on.” F.S**

*Return Service Requested*

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