



With over 20 years combined experience working in Occupational Rehabilitation and Injury Prevention industry we understand the importance of preventing injuries in the workplace. An injury proofed workplace is a happier, more productive environment where workers are protected against unnecessary risks while the business can accelerate its growth through a more efficient workforce.

EARLY INTERVENTION is imperative to ensure that workers are protected from harm and is one necessary key step in achieving Injury Prevention. Being able to identify injuries before they occur through proactive on site screenings is one way that our OccHealth Physiotherapists are able to stay one step ahead of the game. Once the early warning signs of an injury are identified The OccHealth Physiotherapists can deliver simple, cost free self-management strategies to ensure injuries are prevented and the workers are better able to self-manage their work demands.

Research has shown that for every \$1 a company invests in sound early intervention strategies, there is a \$7 return on that investment (Arnetz et al 2003).

With an extensive history of working in the Workers Compensation scheme providing solutions for poorly managed, prolonged and difficult claims we understand the importance of optimal claims management. We believe that obtaining the right information early on in the claims lifecycle is imperative to making the right claims management decisions. Obtaining the right information means:

- Getting the diagnosis right early.
- Getting the timeframes for recovery right based on the right diagnosis.
- Going out to the workplace early to identify and address any barriers that may prevent or prolong the recovery process.

With this information our OccHealth Physiotherapists are able to assist in developing RTW plans and communicate this information to all stakeholders including the NTD and current treatment providers. If there is no current treatment provider then OccHealth Physiotherapy is able to provide onsite treatment sessions under WorkCover that use real work tasks as functional treatment modalities to achieve optimal upgrades and safe and durable RTW outcomes.

### Our Services Include:



#### **Preventative Occupational Health**

- Pre Employment Screening
- Ergonomics (SitWell assessment)
- Manual Handling Training
- Onsite Physiotherapy
- Early Intervention Programmes



#### **WorkCover Claims Solutions**

- Workplace Based Injury Treatments
- Case Conferencing
- Chronic / Complex Pain Management

#### **Clinic Locations**

Glebe  
Forest Lodge  
Rozelle  
Sydney International Airport  
Randwick  
Birkenhead Point  
Gordon  
Lane Cove

**We currently service the entire  
Metro Sydney region**

## Pre-employment Screening

The OccHealth Physiotherapy is a tailored assessment based on workplaces injury data and the matched physical demands of the candidate's potential job role.

The Pre-Employment functional assessment by OccHealth physiotherapy is based around identifying workers with at risk clinical and functional signs which may increase their chances of developing a workplace injury.

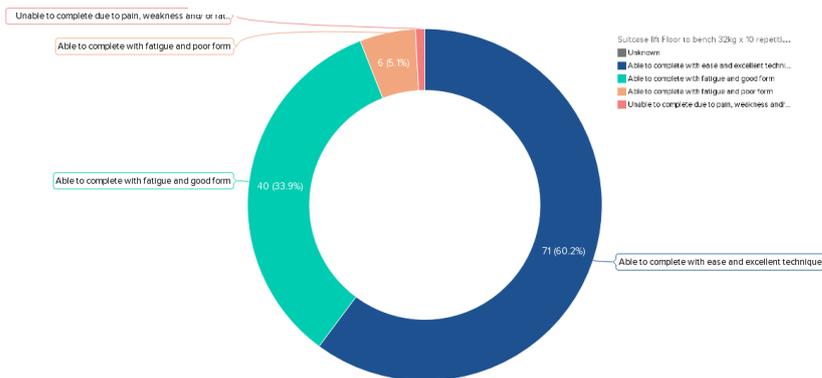
Risk factors of injuries in the future include

- Reduced/limited range of motion
- Reduced core strength and lumbo-pelvic stability
- Poor manual handling and postures during functional tasks
- Previous musculoskeletal injuries
- Reduced strength and endurance

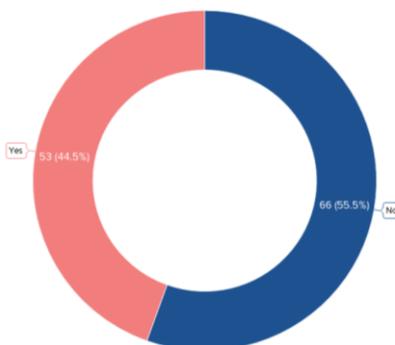
### Key results

- 44.5% of candidates reported previous non work related injuries
- 7 workers reported previous work related injuries
- 7 candidates had positive mcMurrays testing. ( Meniscus knee pathology)
- 2 candidates reported current symptoms
- 1 candidate had positive ligament knee pathology
- 32kg lift (workplace requirement). 1 worker was unable to complete the Assessment. 6 other candidates were able to complete the required lifting Assessment with fatigue and poor form, increasing their injury risk.

Suitcase lift floor to bench 32kg x 10 reps



Previous non work related injuries



## Onsite Physiotherapy

OccHealth Physiotherapy works with a variety of companies tailoring the programs to their workplace and needs.

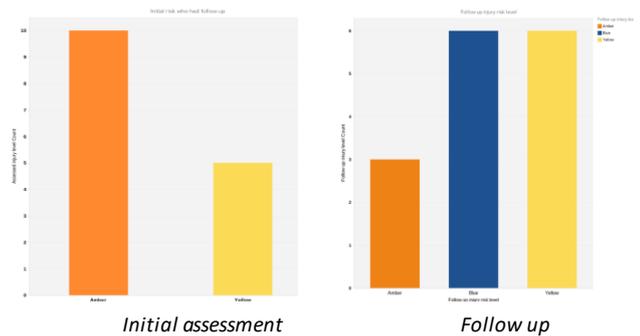
The overall goal of our programs is to assist in reducing workplace injuries.

Customer Program Goal –

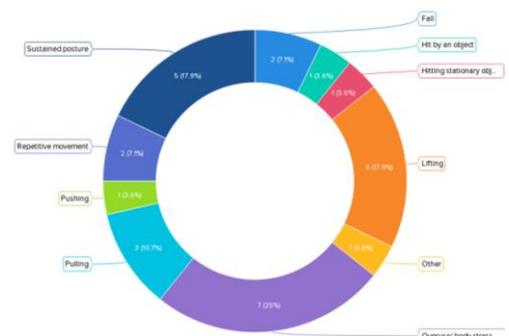
- Treat workers reporting work related and non-work related symptoms
- Identify causes of reported injuries and symptoms

### Key results

- 22 injuries were assessed over 3 days. 15 injuries were followed up with 2-3 sessions completed.
- Amber level injuries ( High risk) reduced from 10 to 3 injuries
- 6 injuries resolved with onsite management
- Reduction in overall risk with 6 injuries in both the yellow and blue category



- 17.5% were lifting and working in sustained postures
- The two highest injury locations were lumbar spine and neck.



From this data we have been able to establish a targeted program to address the identified risks. Including individual exercise program targeting the individual weakness and injury and Onsite manual handlings training.

OccHealth Physiotherapy will also follow up the work tasks in real time to review if particular training can be created around the high risk task or changes can be made to the task to reduce the workplace injuries.