



EFFECTIVE PHYSICAL REHAB

The injured worker needs and deserves it

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Introduction



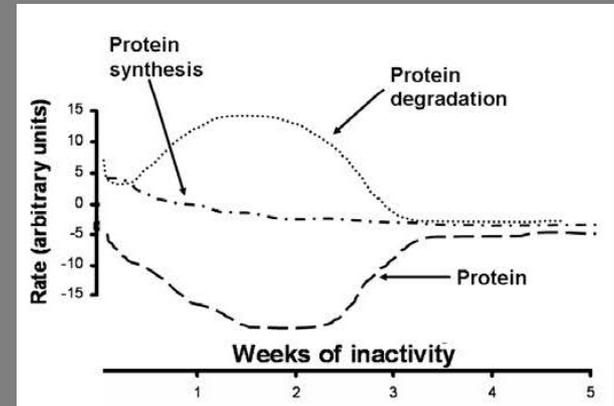
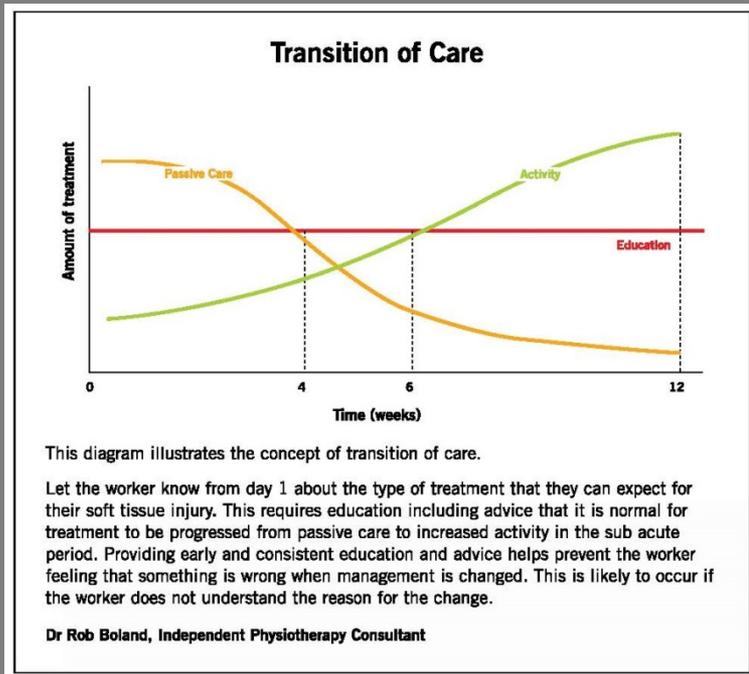
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Overview

- When should exercise commence
- Modes of exercise
- Buy-in and self-management
- Assisting the RTW process

When to commence - considerations

□ Muscle disuse atrophy



- Psycho-social benefits
- Acute / Subacute / Chronic
- Risk of late intervention

When to commence - considerations

Days absent from work	Chance of getting back
20	75%
45	50%
70	35%

Realising the Health Benefits of Work, 2003

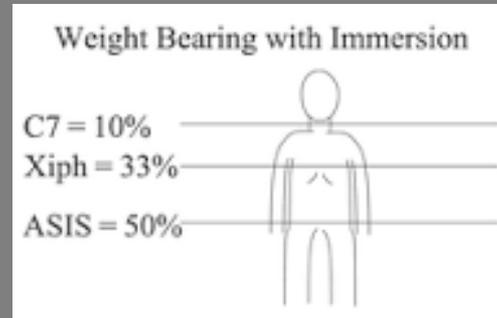
Table II. Cost-Comparison Results (Average Cost Per Patient/Year)

Cost variable	HR-I ($n = 22$)	HR-NI ($n = 48$)
Healthcare visits related to LBP	\$1,670	\$2,677
Narcotic analgesic medication	\$ 70	\$160
Psychotropic medication	\$24	\$55
Work disability days/lost wages	\$7,072	\$18,951
Early intervention program	\$3,885	NA
Totals	\$12,721	\$21,843

Journal of Occupational Rehabilitation, 2003

Exercise Modalities - Hydrotherapy

- Consider characteristics of water
 - Access
 - Depth
 - Temperature
 - Buoyancy
 - Resistance
- High pain, low mobility
- Weight bearing joints
- Helps buy-in



Exercise Modalities - Gym

- Moderate-good mobility and pain
- Match fitness to job demands
- Consider setting – gym vs clinic



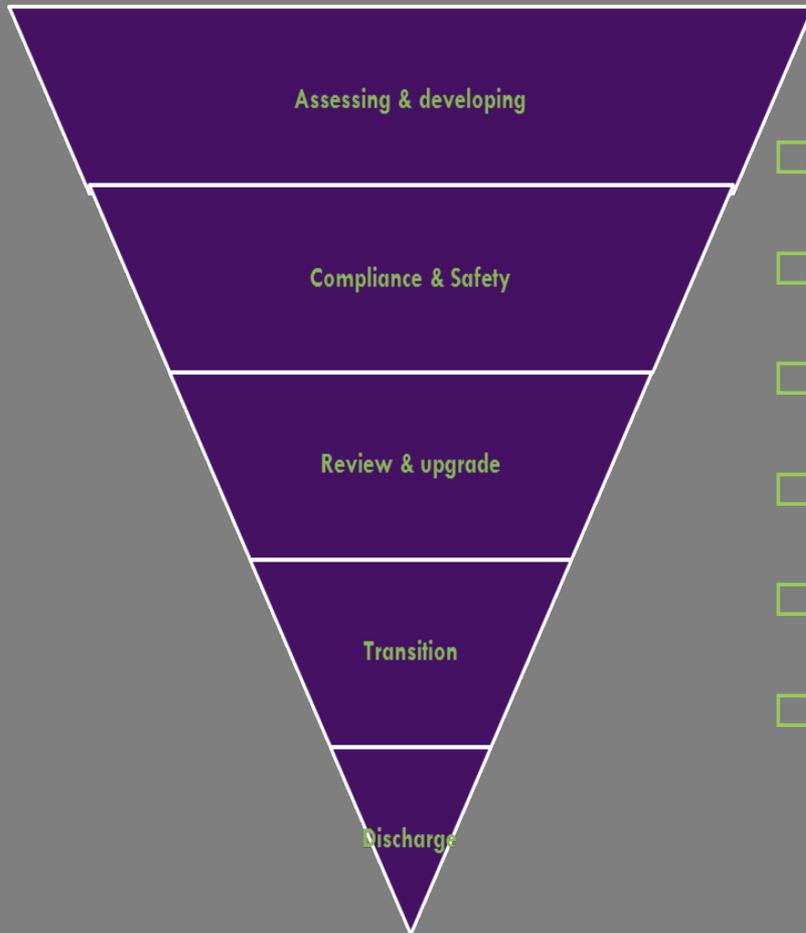
- Resistance and aerobic
- Pilates
- Functional progression

Exercise Modalities - Home

- Integral part of any programme
 - Stretching / mobilising
 - Motor control
 - Postural exercises
 - Graded activity & pacing
- Consider work demands
- Compliance???



Buy-in and self-management



- Assessment techniques
- Motivators and de-motivators
- Identify barriers to recovery
- Goal setting
- Independence from supervision
- Attendance records

Assisting RTW – functional prescription

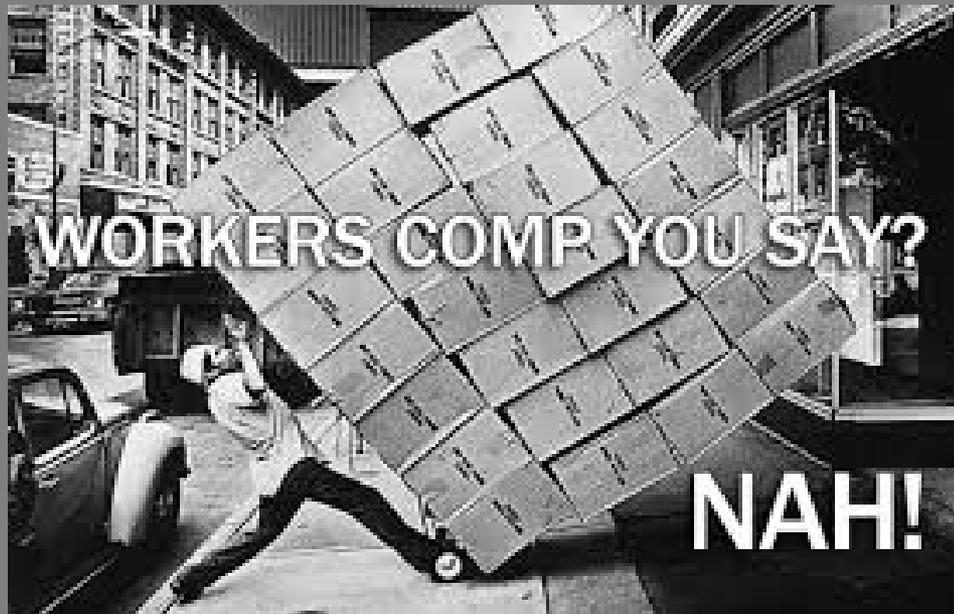


Take home messages

- Help the injured worker and medical practitioner
- “A stitch in time saves nine”
- Horses for courses
- Principle 3 of Clinical Framework
- Ensure transferability

Thank you

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Q and A

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