



## On Site Physiotherapy

Altius Group's accredited physiotherapists assist organisations to prevent or manage injury proactively in the workplace through On Site Physiotherapy. Our team's professional expertise and evidence based approach delivers achievable health outcomes for employees.

On Site Physiotherapy services are designed and set-up to meet the specific needs of each organisation, to create a hub that provides employees with the tailored physiotherapy support they need to improve their health and recovery.

### Who May Benefit?

Employees who have sustained compensable or non-compensable injuries or chronic illness. Employees are referred to our on-site clinics via an agreed referral process discussed with each organisation. As an example, referrals may arrive via an employee's human resources department or following a recommendation from their manager or supervisor.

On Site Physiotherapy **benefits** employees and organisations:

- Tailored physiotherapy programs and education supports **fewer** workplace injuries and **reduced** workers' compensation premiums.
- An early intervention approach to injury and chronic illness **improves recovery time** frames and reduces the risk of re-injury.
- Proactive intervention **creates a positive perception** supporting a positive workplace culture.
- On-site sessions **support** an ageing workforce.
- Improves interactions between employees and the work they perform, **minimising** injury and **improving recovery** outcomes.
- Programs **guide employees** in the next steps of their recovery, or in safeguarding their long term outcomes.
- **Increased** workplace **productivity** through minimising health issues and creating a culture of wellbeing.
- Sessions can determine appropriate work duties and **recommendations** for correct working postures and **safe** working principles - reducing injury and improving recovery outcomes.
- **Educating employees and empowering** them to take care of their health and wellbeing, covering such issues as manual handling as well as the risks of static postures for sedentary workers.

## On Site Physiotherapy Sessions

The sessions are designed as an early intervention service to provide employees with sufficient advice and treatment to manage their musculo-skeletal conditions in a safe and effective manner. Treatment consists of an initial assessment followed by four sessions, including thorough reporting of treatment plans and recommendations. We aim to empower employees to adopt a self-management approach to improving their condition and to injury prevention.

Following these five sessions recommendations may be made regarding further intervention requirements, such as additional sessions or referral to other medical services.

## Supporting Ongoing Needs

Our On-site Physiotherapy service can also support the ongoing needs of employees through helping them to adjust to their work environment with a specific injury or illness. We work with individuals on-site to not only improve their physical function, but to recommend modifications to work practices and their work environment.

Altius Group's Rehab Services physiotherapists work with a wide a range of organisations throughout Australia, within the private and public sectors.

## Altius Group Rehab Services On Site Physiotherapy

Our strategies and services include, but are not limited to:

- Access to **rapid assessment** and treatment for musculo-skeletal injuries in the workplace.
- Provision of exercises, stretches and **self-management**.
- **Education** around self-management strategies.
- Liaison with medical providers for **management** of injuries through employer arrangements.
- Chronic disease management and **support** for non-compensable conditions.
- Workplace design and **modification** services.
- Workplace **wellness** initiatives.
- Job Task Analysis, Job Dictionaries and Suitable Duties **Recommendations**.
- Risk reduction and injury **prevention programs**, such as manual handling training and ergonomic assessments.
- **Pre-Employment** Functional Assessments.

### Select

Assisting organisations to **select** the right people for work roles

### Protect

Helping workplaces **protect** their most valuable asset, their people

### Engage

**Engaging** with people at risk due to illness, injury, trauma or exposure to hazards

### Restore

**Restoring** and rehabilitating people who have sustained injuries or illness

## Get in touch with us:

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**Rehabilitation  
Services**  
by Altius