



Functional Recovery Program

Our OccHealth team of allied health professionals, based across Australia, understands that rehabilitation is complex. With years of specialist experience and industry knowledge, our professionals design holistic programs, tailored to individual needs to support positive return to work and recovery outcomes.

We assess individuals and match their needs with the best cost-effective and timely strategies. We then work with them throughout their program, in collaboration with other professionals, towards sustainable outcomes.

A Holistic Bio-Psychosocial Approach

Our programs not only address an individual's physical and psychological condition, but include exploring social issues impacting recovery, such as family barriers. Our health professionals are experienced at working closely with family members and relevant stakeholders towards improving social issues.

We provide tailored strategies to empower clients to self-manage their condition for sustainable outcomes. Approaches to work duties and activities of daily living clients learn through the program can be applied to everyday tasks in the future.

Our Approach

Functional recovery extends beyond exercise programs. To empower our clients to make changes for sustainable outcomes, our programs:

- Identify gaps in an individual's recovery process and fill these by **educating** them on factors that contribute to improved outcomes such as an understanding of injury, deconditioning and pain.
- Highlight the psychological and physical **benefits of returning** to work and the importance of **upgrading work capacity**.
- Cover pacing along with **correct postures** and manual handling techniques.
- Promote the benefits of a **tailored exercise** program as opposed to non-specific home exercise.
- Focus on targeted exercises to **increase** work related function.
- Include exposure to **normal activities** as well as self-directed home exercises.
- Include a strong biopsychosocial approach addressing pain focus, coping and **empowerment strategies** and minimising fear avoidance.
- **Educate** individuals on the importance of heat/ICE in recovery.

Who May Benefit?

OccHealth by Altius allied health professionals have expert knowledge in the treatment of conditions such as common motor accident injuries, whiplash, spinal cord and brain injuries, cancer, mental health conditions, chronic fatigue syndrome and fibromyalgia.

We have strong experience supporting injured CTP and Life Insurance clients through our Functional Recovery Program. Our experience and industry insight enables us to offer a holistic approach focusing on upgrading functional capacity, return to work, health and well-being and promoting independence.

SMART Goals

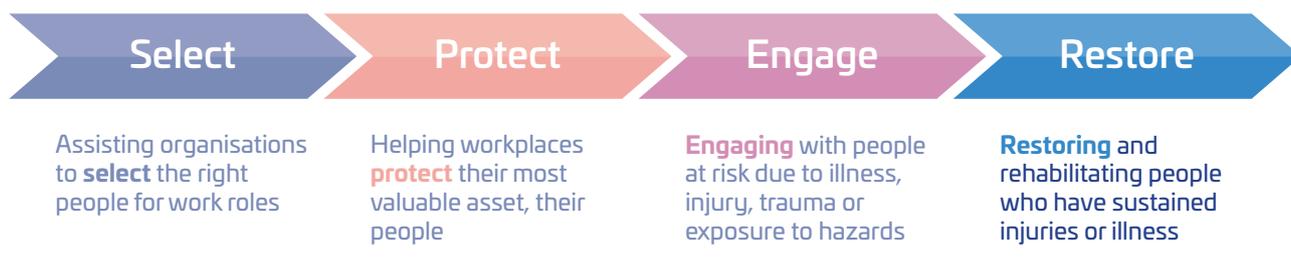
We work with our clients to set Specific, Measurable, Achievable and Realistic Targets and communicate with employees regularly to assess their progress. Part of the goal setting process is activity scheduling to assist individuals to achieve their goals.

Working Collaboratively

Our OccHealth team works collaboratively with allied health and medical professionals assigned to each client, including attendance to medical case reviews. We provide reports that clearly demonstrate function, work capacity and both physical and psychosocial barriers impacting on an individual's return to work.

At Altius Group our allied health professionals have a solid understanding of how to engage with employees to build and sustain healthy teams of people and a productive, successful workforce.

Industry based evidence and insight, conversations with our clients and our strong connections within the industry, enable us to stay ahead of emerging needs to deliver holistic support services to organisations across the **lifecycle of their people's employment**.



Get in touch with us:

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OccHealth
by Altius