



Work Related Activity Treatment

Altius Group's Work Related Activity Treatment programs provide physical, functional and behavioural solutions to increase the capacity of an injured worker and promote sustainable return to work outcomes.

Research indicates injured individuals receiving worker's compensation have poorer recovery and return to work outcomes. With specialist experience, industry knowledge and evidence on board, our holistic programs support positive outcomes.

We recognise rehabilitating employees is complex. Our allied health professionals, based across Australia, have years of experience providing solutions in the compensation space.

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

Working Collaboratively

Altius Group's OccHealth team works collaboratively with allied health and medical professionals assigned to each individual.

This may involve face to face conferencing or teleconferencing to facilitate medical certificate upgrades and discuss issues to promote an individual's return to work.

Our Approach

Our specialists understand that **functional recovery extends beyond exercise programs**. Aimed towards empowering injured individuals to make physical and behavioural changes for sustainable outcomes, our programs:

- Focus on **targeted**, work related functional activity.
- Include a strong **biopsychosocial** approach.
- Work with individuals to set **SMART goals**.
- Include attending to **medical case reviews** if and as required.
- Encourage **workplace** based, as well as gym and home sessions.
- Focus on value added **communication**.
- Educate individuals on empowerment and **self-management strategies**.

Initial Assessments

Through an initial assessment process, our allied health professionals identify gaps in an individual's recovery process and then fill these gaps by educating them on factors that contribute to improved outcomes, including:

- An understanding of injury and deconditioning.
- Correct manual handling techniques and working postures.
- The psychological and physical benefits of returning to work.
- Coping and empowerment strategies including how to minimise fear avoidance behaviours.
- The benefits of a tailored exercise program as opposed to non-specific home exercise.
- The importance of heat/ICE in recovery.

Treatment Plans

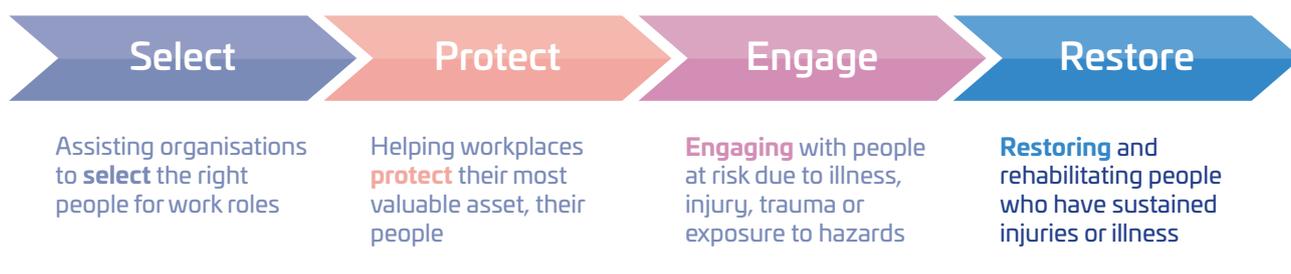
The performance of activities specific to the injured employee's job forms the basis of our treatment plans. Our professionals work with individuals in gym, workplace or home settings, determined by the nature of an employee's program.

Workplace based sessions address workplace barriers and ensure manual handling techniques and self-management strategies taught during treatment are applied directly to the workplace on return.

We address bio-psychosocial factors and aim to empower independent management, communicating clear goals throughout our programs. Our treatment plans aim to increase the functional capacity of an injured worker as confirmed by a Certificate of Capacity upgrade and/or return to work.

Altius Group has years of experience identifying barriers and implementing effective solutions. We have a solid understanding of how to engage with employees to build healthy teams of people and a productive, successful workforce.

Industry based evidence and insight, conversations with our clients and our 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