

SPECIALIZED SERVICES FOR EMPLOYERS



MAKE

TIME

WORK

FOR

YOU

The Working Condition Program at the Orthopaedic and Arthritic Institute of Sunnybrook and Women's College Health Sciences Centre, offers access to a team of healthcare professionals and state-of-the-art facilities that provide care and education related to muscle and joint injuries. As a hospital-based provider, we offer a unique array of services that produce effective results for your employees.

We understand that a workplace injury can be a frustrating and expensive experience for everyone concerned. External health service providers offer an objective, cost-effective means to evaluate, treat and return workers to the job.

The Working Condition Program provides the following value-added services that complement or build upon your workplace health programs:

- objective evaluations by a world class team of orthopaedic surgeons and rehabilitation specialists that meet your specific needs
- positive, timely results through a dynamic treatment program that addresses job-related requirements
- clear, concise, accurate reports that answer your questions, and reflect the unique aspects of your workplace
- education that helps prevent costly workplace injuries and ensures timely return to work

We have ten years of experience in the evaluation and treatment of injured workers, providing Multidisciplinary Assessments, Functional Abilities Evaluations and Active Rehabilitation Programs for the Workplace Safety and Insurance Board and a variety of large and small employers.

The following sheets describe our range of services in more detail. We would be happy to talk with you about how the Working Condition Program can help you return your employees to the job and make time work for you.



43 Wellesley Street East

Toronto, Ontario

Canada M4Y 1H1

Direct Line (416) 967-8578

Fax (416) 967-8579

E-mail rehab@ortharth.toronto.on.ca

Website www.ortharth.toronto.on.ca





MAKE

TIME

WORK

FOR

YOU

Engaging and informative education on a variety of useful topics that encourages participation in workplace injury prevention.

OBJECTIVES

To reduce injuries and return to work costs, while improving employee morale, through participation in workplace change.

DESCRIPTION

The two most important components to effective health education programs are relaying information that is both accurate and applicable to the specific workplace environment. Our physical and occupational therapists are knowledgeable healthcare professionals. We offer sessions with a focus on prevention that are relevant and have lasting impacts.

The Working Condition Program delivers unique programs using the following steps:

1. **Employer Interview**

The therapists meet with you and your employees to identify your educational needs and expectations.

2. **Determination of Options**

Preferences can be made regarding program length, group size, format, focus, and cost.

3. **Program Delivery**

Adult learning principles and interactive techniques are incorporated to keep the audience engaged. "Train the trainer" formats are offered that will ensure your health and safety staff are given the effective skills to deliver their own education programs.

We offer sessions on the following relevant topics, tailored to your workplace environment:

- Stretch and Warm Up
- Back Education
- Repetitive Strain Injury Prevention
- Return to Work Management
- Proper Posture, Seating, Body Mechanics and Work Habits
- Stress Management
- Lifestyle Changes
- "The Industrial Athlete"
- "Working Smart"
- Fitness and Personal Responsibility



43 Wellesley Street East
Toronto, Ontario
Canada M4Y 1H1
Direct Line (416) 967-8578
Fax (416) 967-8579
E-mail rehab@arthriti.toronto.on.ca
Website www.arthriti.toronto.on.ca



TREATMENT SERVICES

FOCUSED, ACTIVE REHABILITATION PROGRAM



MAKE

TIME

WORK

FOR

YOU

A focused treatment program for recently injured workers, tailored to meet employee and employer needs and wellness goals. Ideal for isolated injuries that require specific treatment.

OBJECTIVES

To intensively treat a specific injury in order to minimize recovery time and maximize function, so that the employee can continue or resume pre-injury job tasks safely.

DESCRIPTION

The Working Condition Program has designed this unique injury-specific program, which is client-centred, goal-oriented, and time limited using active treatment and education to achieve positive results.

1. Initial Assessment and Review

An initial assessment conducted by a physical therapist includes a file review, history of the injury and musculoskeletal evaluation. Specific objective measures are collected that relate to the employee's injury and fitness level. The therapist then discusses the goals and expectations of the program with the employee.

2. Active Treatment Program

A physical conditioning program is developed, including exercise and functional activity, to target the employee's injury. Fitness education empowers the employee to get involved in his or her own recovery. Effective physical therapy decreases symptoms and increases function.

3. Duration of the Program

Program duration is individualized, and usually lasts 3 - 6 weeks, with 3 - 5 treatments per week. Each session is 1 - 2 hours long.

4. Re-check Appointment

Re-checks are available upon completion of treatment to ensure that the employee is progressing with their independent exercise program and return to work goals.

5. Concise Reporting

Subjective comments from the employee are summarized with objective measurements from the physical therapist. A return to work strategy is included that reflects the employee's abilities related to their work tasks.

Written reports are submitted to the referral source's health services department and the employee's family physician following the initial assessment, midway through the treatment and upon completion.

Optional Services

Other services that may complement this treatment program can be purchased separately. They include work site assessments, physical demands analyses, on-site work simulations, detailed functional abilities evaluations and return to work management.



43 Wellesley Street East

Toronto, Ontario

Canada M4Y 1H1

Treatment Line (416) 967-8589

Fax (416) 967-5716

E-mail rehab@ortharth.toronto.on.ca

Website www.ortharth.toronto.on.ca

