

Client success story

Exercise Rehabilitation for Workplace Injury

Injury/Condition:
**Bilateral Shoulder Strain &
Cervical and Thoracic Spinal
Strain**



Profile at initial assessment

29 year old female

- ◆ Referred by GP 2 weeks after workplace incident impacting right shoulder
- ◆ Undertaking Physiotherapy twice weekly
- ◆ High Scores on Orebro (68) and SPADI (43/130) indicating a high risk of long-term disability
- ◆ Self – reported large degree of limitation across activities
- ◆ Reduced right shoulder mobility and functional capacity

The program:

- ◆ 5 supervised gym-based reviews over 2 months (tapered from weekly, to fortnightly, to monthly)
- ◆ Provision of local mobility and strengthening exercises replicating the work demands
- ◆ Education regarding pacing and grading, hurt vs harm and the importance of ongoing activity



Key Health Marker outcomes:

- ◆ **4 point** improvement in maximal pain scores
- ◆ Improvements across all functional activities with restoration of full confidence to 10/10 levels
- ◆ Clinically significant improvements in overall physical capacity and improved shoulder mobility
- ◆ Post-program return to pain free, full range of motion in both the neck and shoulders
- ◆ Significant increase in functional capacity demonstrating increases in strength, endurance and carrying capacity to allow for a return to pre-injury duties

Key RTW outcomes:

At program commencement	28/09/2021: Suitable duties, reduced hours of 16 per week
At program completion	09/11/2021: Pre-injury hours – full final medical certificate issued

Other reported benefits from the program:

- ◆ Ongoing self-management of a gym-based program, self-funding membership and attending with partner 5 x per week
- ◆ **Very high levels of confidence to continue with gym-based program independently into the future.**



GUARDIAN
exercise rehabilitation

guardianexercise.com.au