



Agricultural Industry



Shane's Story

Shane had been working as a Sugar Cane Farmer for the last 14 years and had sustained two previous lower back injuries during this time. Shane was initially referred to Core Healthcare Group for a pre-operative back strengthening program by his spinal specialist following a four month period of unresolved lumbar spine pain. Unfortunately, the initial prognosis for Shane did not look good. His treating specialist indicated that he was a definite surgical candidate, advising Shane that he would never be able to return to his pre-injury employment as a Cane Farmer. Following the Initial Physiotherapy Assessment, Core identified that Shane's previous treatment had primarily consisted of a passive approach with hands-on treatment and had failed to provide much in the way of self management or rehabilitation tools. His treatment was focused on alleviating his pain rather than addressing his lumbar spine functional restoration. As a result, Shane was convinced that surgery was his only option.

Within two weeks of attending Core and commencing his pre-operative Back Strengthening Program, Shane had overcome his reluctance to actively participate in his rehabilitation, and his strong belief around his need for surgery had significantly changed. Shane's Case Manager asked Core to communicate with his treating specialist and seek approval for Shane to commence a graduated Return to Work Program with his pre-injury employer. Within six weeks of beginning his pre-operative back strengthening program, Shane had returned to his specialist and cancelled his surgery as he was thrilled at being able to return to work with his pre-injury employer of 14 years. Shane continued his journey with Core and progressed with his functional rehabilitation, injury education and spinal strengthening.

As part of the process, a Worksite Assessment was arranged to assess Shane's capacity to safely perform his pre-injury duties. Instruction was provided to Shane around how to work safely within the workplace, which required modification of some tasks and restriction of others. Most importantly, Shane was taught how to transfer the functional strengthening and spinal stabilisation techniques from the rehabilitation setting into the work environment successfully.

Shane's employer was supportive of his return and encouraged him to implement proactive self-management strategies within the workplace. Shane was able to return to performing his pre-injury duties within 3 months of commencing on a functional rehabilitation program with Core Healthcare Group. Shane remains gainfully employed with his pre-injury employer to this day.

SPECIALISTS IN:

Pain Management Programs

Occupational Rehabilitation

Return to Work Services

Adjustment to Injury Counselling

Physiotherapy

Clinical Pilates

Exercise Physiology



core
INJURY MANAGEMENT



Core Intervention – Agricultural Industry

Core’s approach to recovery will ensure the worker is fully engaged in their own recovery. We strongly believe that there is no place for passive therapies in the management of persistent presentations and we rapidly engage our clients in active rehabilitation.

Our team at Core can be actively engaged in the initial phase of injury management from acute management through to higher levels of rehabilitation. Our Back Pain Rehabilitation Program is lead by experts in the field and we utilise the latest techniques to ensure a progressive change tolerable to the worker, and directed specifically towards areas of weakness and workplace need.

Our RTW Team and services are constantly striving to achieve the best outcomes for return to meaningful work, and pre- injury duties. The integration with our Rehabilitation Team can ensure that through this phase we have full awareness of workplace tasks and physical capacities and can continue to target the physical recovery to what is required.

Progressive activity planning, negotiation and education with the workplace of the injury presentation and associated limitations along with prognosis are key parts of our developed rapport.

Our RTW process can include early intervention with return to work planning, physical/work place fitness screening and functional capacity evaluations, fitness for work evaluations, alternative duties arrangement, equipment physical review in line with clients’ functional tolerances. We can also assist with vocational rehabilitation for workers that require this service.



LOCATIONS:

Southport	Beenleigh	Taringa	Geebung
Mermaid Beach	Nerang	Brisbane City	Sunnybank Hills
Mermaid Central	Palm Beach	Kelvin Grove	
Upper Coomera	Arundel	Brisbane Airport	



1300 012 273
corehealthcare.com.au