



Construction Industry

Paul's Story

Paul was in his late 40's and had been working in the construction industry for over 20 years. Paul noticed tightness in his lower back after bending over to pick a hammer up from the ground. His pain increased over the next few days and he was later diagnosed with lumbar spine degenerative disc disease and was certified totally incapacitated from working for 3 months. Paul's claim for compensation was accepted as an aggravation of a pre-existing degenerative condition and he was referred to Core by his spinal specialist for conservative rehabilitation and management, as surgery was not an appropriate treatment option. Paul presented with significant pain and discomfort at the time of the Initial Physiotherapy Assessment and was guarded about his prognosis. He did not believe that anything could be done to improve his condition. Paul agreed to participate in a Graded Rehabilitation Program with Core, and commenced onsite clinical treatment as well as a structured and progressive home exercise program. Paul's function continued to improve and he moved on to a progressive functional restoration program starting with hydrotherapy, progressing to a lift and load gym program to prepare him to return to work.

Unfortunately Paul's employer lost an important contract and he was made redundant. However, luckily for Paul, his Worker's Compensation insurer referred him to Core for Transferable Skills Assessment and assistance with Job Preparation and Job Seeking. Through a structured and integrated assessment process, it was identified that Paul had an interest in computers and was familiar with the use of Microsoft Office software. Paul's spinal specialist was contacted and he was subsequently certified fit to perform suitable duties with a Host Employer. Using Core's network of local businesses and employers, an appropriate Host Employer was identified for Paul and he was placed in an administrative based data collection role with a local Private Hospital the same week. Paul's pain and function continued to improve with his ongoing participation on his functional rehabilitation program, allowing him to upgrade his postural and seated tolerances and Paul was subsequently offered and accepted a permanent role with the Private Hospital as an Admissions Clerk.

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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 – Construction Industry

At Core we recognise the physicality of the Construction Industry and injuries sustained. Workers under high loading and repetitive tasks in outdoor conditions can have substantive joint and muscular fatigue issues as a result. Frequently we encounter back strains, discal injuries, shoulder tendon tears and associated strains, crush injuries to hands and lower limbs and complex injuries involving multiple regions from falls or machinery incidents.

Core's comprehensive range of services facilitate a speedy recovery and encompass rapid assessment, links to specialists and doctors that can ensure a clear diagnosis is achieved sooner rather than later, early phase clinical intervention from local treatment through to aquatic and gym based rehabilitation programs to have the workers back to industrial strength levels of fitness.

Recovery from back injuries for example requires far more than core stability – it requires a structured manual handling, lift and load program that ensures that the injured worker can return to workplace activities safely and with minimal risk of re-injury.

Our Return to Work (RTW) team can assist with return to work planning, physical/ work place fitness screening and functional capacity evaluations to ensure readiness for duties ahead. Host employment or alternate duties facilitation, and equipment alterations may also assist with this process in recovery. For more stubborn and persistent presentations, our Pain Management and Occupational Rehabilitation Programs are available for a more intensive approach, linking into Pain Physicians, Psychologists, Exercise Physiologists and Physiotherapists in a condensed, educational format. This eclectic intensive approach often assists in shifting a worker from a passive, dependant individual to one that is ready to engage in their functional recovery regardless of their symptoms.



LOCATIONS:

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



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