



# Transport Industry



## John's Story

John had been employed as a bulk freight driver for a large multi-national logistics company for 12 years when he injured his right shoulder whilst delivering a 40kg treadmill. John's employer referred him to Core for conservative treatment and management of his work related injury. Core's initial assessment revealed significant shoulder instability and suspected internal muscular tears and was rapidly directed for further investigation and orthopaedic review. John progressed to surgery after an MRI revealed large partial thickness tears to the bicep and supraspinatus tendon. John recommenced conservative rehabilitation with Core following surgery and soon returned back to work on full hours operating a forklift and moving small cartons up to 5kg, under the guidance of his treating clinician.

John continued to make good functional gains with regular attendance and participation on his Progressive Functional Rehabilitation Program. At 12 weeks post-surgery Core undertook a comprehensive Worksite Assessment to evaluate John's physical and functional capacities against the critical physical demands of his role and to ascertain realistic recovery timeframes. John's eagerness to return back to truck driving duties and his inability to do so required ongoing management and John was referred for three sessions of Adjustment to Injury Counselling, which were implemented concurrently, along-side his functional rehabilitation and his graduated return to work plan.

John was encouraged to be actively involved in setting his own short term rehabilitation and return to work goals for his return to work plan, which was approved by all of his treating medical providers. John's employer was contacted by Core and encouraged to provide John with the opportunity to progressively increase his exposure to his normal driving duties by buddying up with another driver and performing individual components of his pre-injury role. John's confidence quickly returned and his functional rehabilitation program was focused to help him build the strength needed to safely pull and lower himself from the truck. John has made a full recovery and is able to perform all aspects of his pre-injury role as a bulk delivery driver.

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**John's employer reports that he is now an advocate for safe manual handling within the workplace and regularly lends his experience to the other operators. John has continued to maintain his gymnasium membership and advised that he has lost 11 kilograms to date.**

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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 – Transport Industry

At Core our services in the Transport Industry are highly sought after and we are providers of choice for a number of the self insured companies because of our reputation in achieving solid results in strength and functional restoration, with what can be a challenging workforce.

High repetitive loading is often required, in which wear and tear is a common and underlying element. The concerns of the workers are evident when an injury is sustained with worries about their longevity in their role.

Shoulder and back presentations in the Transport Industry are common in this area, along with knee cartilage and meniscal injuries due to jumping up and down from vehicles. Our Rehabilitation Team has a range of experts that cover these areas of presentation well.

Our Injury Management Advisors can be utilised to perform a comprehensive assessment of an injury presentation along with arranging further intervention and specialist reviews if these are necessary and appropriate. Often we can obtain specialist appointments within days for acute and subacute presentations, as opposed to the weeks that workers frequently need to wait through normal booking processes.

Our rehabilitation processes start with the focus on motion and functional restoration, building to work specific strength. This dovetails into our Occupational Rehabilitation Team's engagement where they can work with real time prognosis following injury.

Worksite visits for assessment of tasks, taking the worker through motions and activities that they are apprehensive to return to is an important part of this process. Our RTW Team can assist with return to work planning, fitness for work assessments, functional capacity assessments and communicating and liaising between the worker and site, including management, to ensure all parties have a clear understanding of the expectations in recovery. Barriers can be rapidly identified and adjustment to injury counselling can be integrated into a rehabilitation and recovery program as needed, again keeping the worker on track with 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.

### 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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