



## Freight Industry



### Susan's Story

Susan injured her lower back whilst employed as a freight handler for a large national transport and logistics company. Her role as a freight handler required her to maintain her spine in a stooped position for sustained periods, whilst twisting to lift and load loose pieces of freight weighing 15kg. Susan was certified totally incapacitated by her general practitioner after investigations revealed multilevel disc protrusion with underlying spondylolisthesis, and she was immediately referred to Core by her employer. Susan continued with her normal gymnasium based exercise program and found her symptoms were compounding. To assist her with recovery, Susan was referred into Core Healthcare Group's Pain Management Program.

Susan initially struggled with her increased pain and loss of function as she had previously been fit, healthy and active and had a difficult time accepting her injury and physical limitations. Upon completion of the Pain Management Program, Susan was paired with an experienced clinician who was able to assist her to understand her functional limitations and worked with her to set realistic time focused measureable rehabilitation goals. Susan agreed to make the required changes to her exercise program and committed to adhering to the restrictions and, as a result, she progressed quickly through her initial hydrotherapy program as she quickly learnt how to activate her core stabilisation muscles, which provided her with relief from her symptoms. As her postural tolerance increased, a worksite assessment was organised with her employer and a return to work plan was sent through to her general practitioner for review. Susan's certification was upgraded allowing her to return to work, performing suitable duties sorting mail satchels.

Susan's function continued to increase rapidly as a result of her strict adherence to her functional rehabilitation program as it progressed from the pool to the gym, and as a result, her return to work plan was upgraded accordingly over a period of 12 weeks. At the completion of her combined functional rehabilitation and return to work program, Susan was able to return back to her normal role within four months from the date of her injury, without the need for specialist review or intervention.

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**Susan advised that she now feels stronger than she did prior to her injury and more confident that she is able to safely lift and carry items at work whilst performing her duties as a freight handler. Susan has also been able to return to playing competitive sport.**

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#### SPECIALISTS IN:

Pain Management Programs

Occupational Rehabilitation

Return to Work Services

Adjustment to Injury Counselling

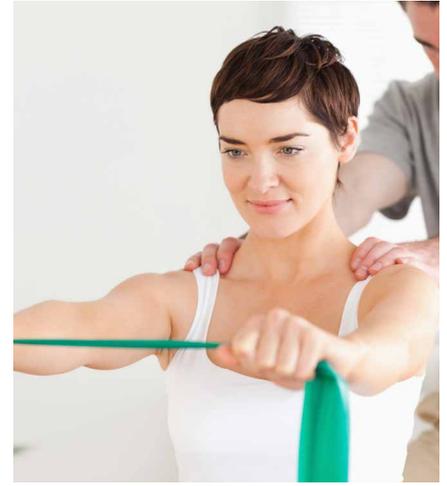
Physiotherapy

Clinical Pilates

Exercise Physiology



**core**  
INJURY MANAGEMENT



## Core Intervention – Freight handling

As first choice providers for a number of freight companies, we are aware of the lift and load demands on workers and specialise in ensuring workers are fully fit for their recovery. Elements of recovery need to go far beyond simple core stability for a worker to then be able to work in confined spaces and reach/stretch under load, or just cope with the high repetition of lifting and shifting various sized items.

This is where our strength and conditioning team have a key role, again integrating into the RTW program with determination of task specifics – angles, loads, heights, all worked to the extreme in a controlled environment to ensure that the return to work process is with minimal risk for setback.

Our management at Core can extend from acute injury management, assessment and early phase intervention with RTW through to planning for work, site assessments, visits with the worker, integration with the rehabilitation team at the business unit (along with case management and medical professionals). Sometimes it also requires attending doctor and specialist appointments with the client to ensure the message said is the message understood and all parties are on the same page for progressing their recovery.

Our RTW Team can assist with return to work planning, fitness for work assessments, functional capacity assessments, communication and liaising between the worker and site, including management, to ensure all have a clear understanding of expectations in recovery. Barriers can be rapidly identified and adjustment to injury counselling can be integrated into the 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. This eclectic intensive approach often assists in the shift in 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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