



Manufacturing Industry



Craig's Story

Whilst employed as a Machine Operator for a manufacturing company, Craig developed worsening right elbow pain arising from repetitively loading and unloading of 300 fifteen kilogram rolls of roofing insulation per day. Craig was initially diagnosed with medial epicondylitis "golfer's elbow" and underwent a short period of conservative treatment before being referred to an upper limb surgeon. Craig underwent a series of investigations, which revealed that he was suffering from ulnar neuropathy requiring ulnar release surgery.

Approximately four weeks after his surgery, Craig was referred to Core Healthcare Group by his general practitioner for ongoing management of his injury. Craig continued to experience high levels of pain within his right elbow around the surgical site. Craig was provided with a closely monitored home exercise program and within a short period his pain subsided and he was cleared to return to work on suitable duties. Unfortunately for Craig, he was thrown back into the deep-end at work as his employer had just won a new contract and Craig jumped straight back into his machine operator roll. This resulted in an immediate flare-up of his symptoms including; reduction in grip strength; pain reproduction with any movement; loss of sensation and circulation into the fifth finger.

One of Core's Injury Management Advisors reviewed Craig's case and contacted his Case Manager to seek approval for a worksite assessment. A task analysis and review of Craig's pre-injury duties revealed significant repetitive loading and unloading in awkward positions. With the assistance of his employer, simple modifications to the work flow process ensued and small changes to Craig's work station allowed for improved shoulder, elbow and wrist mechanics during the loading and unloading process. Core developed a graduated return to work program for Craig, which included those tasks identified as appropriate and restricted tasks assessed as being temporarily unsuitable. Craig's symptoms quickly resolved and he was progressed to a gym based Industrial Strength Recovery Program, allowing the continued development of his physical and functional capabilities in a closely monitored and controlled environment.

Craig was able to return back to full unrestricted duties within 8 weeks of the worksite assessment and has continued with his exercises, joined the gym himself and has also given up smoking.

SPECIALISTS IN:

Pain Management Programs

Occupational Rehabilitation

Return to Work Services

Adjustment to Injury Counselling

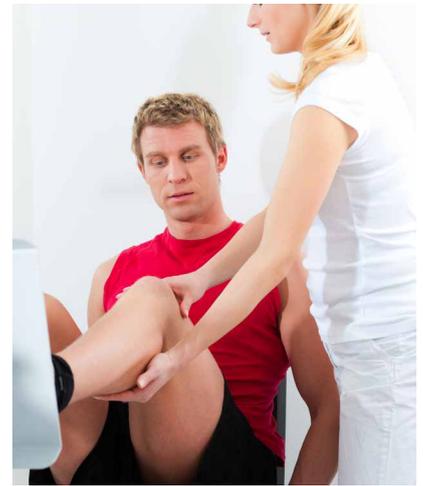
Physiotherapy

Clinical Pilates

Exercise Physiology



core
INJURY MANAGEMENT



Core Intervention – Manufacturing Industry

Core's team has a range of clinical specialists including upper limb therapists, spinal and lower limb focused clinicians to ensure that recovery from both simple injuries and surgical intervention is managed well. Pacing in recovery is a critical element in successful outcomes and the integrated approach provided by Core ensures that muscle and tendon recovery times are fully considered, along with strength restoration.

Core's RTW Team directly liaises with our Rehabilitation Team, so what an individual is capable of at any point in time is clear. It also enables our rehabilitation team to ensure that the program is strongly oriented towards the needs of the client. Not all mechanical equipment is adjustable for 'picture perfect' biomechanics, so we ensure that range of motion available and endurance of the task required is considered in a worker's Occupational Rehabilitation Program.

Our RTW team will remove the guess work out of the pace of return to work activities. We can provide a sequential structured plan that will ensure optimal outcomes for all parties, with minimal risk for setback.

Services include return to work planning, worksite reviews including mechanical and work load / rate considerations, ergonomic assessments, return to work physical assessments, functional capacity evaluations, adjustment to injury counselling, and vocational rehabilitation.

Having all of these services available means we can minimise the disjoin in information, and ensure all parties have comprehensive communication every step of the way.

IN 2012-13: There was a

↑ **17%**

increase in the number of serious injuries arising from mental stress compared to 2000-01

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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