



Smarter Integrated Care

A complete approach
to rehabilitation



core

PHYSIOTHERAPY &
EXERCISE CENTRES

Our Company

Smarter integrated care

Core Healthcare Group (Core) is an integrated health organisation with two practice streams, specialising in rehabilitation, injury management and multidisciplinary treatment based services.

Operating since 2005, Core now extends its reach throughout all areas of Queensland and northern New South Wales and is getting exceptional results for some of the country's largest employers.

When Core opened its doors in 2005, it set out to provide our clients with a comprehensive active approach to injury management and return to work. Ten years later, Core proudly offers our clients a smarter integrated approach to injury management, with specialised Practitioners working together to deliver a coordinated and complimentary approach, which drastically reduces the impact associated with injury.

Drew Singleton and Donna McCook are Core's Directors and Senior Clinicians, with over 40 clinical years experience between them, who now engage over 20 hand-selected, specialised allied health practitioners, highly skilled in a bio-psychosocial approach to injury and symptom management.

IN 2012-13: There were

117 815

serious claims, resulting in

1.5 million

weeks lost from work



48%

of all serious claims were made by workers in the four largest employment industries (Retail, Construction, Manufacturing & Health Care & Social Assistance,)

South East Queensland's leading provider of physiotherapy and exercise services

Core Healthcare Group is a first choice health provider, offering smarter integrated rehabilitation taken to a new level with industry specific rehabilitation and return to work services.

Core is a specialist rehabilitation provider in:





Occupational Rehabilitation

Injury prevention

Poor posture, work-flow, ergonomics, pacing, manual handling, work fitness, task suitability and fatigue are all contributing factors in the development of musculoskeletal injuries; yet these are all factors which can invariably be addressed within the workplace before an injury or event occurs.

Core is proud to be partnered with a number of innovative Australian employers who are at the forefront of injury prevention and management, who are actively investing in proactive workplace initiatives, including; pre-employment screening; work design; injury management notification; adoption of health and work fitness standards and matching job design to recruitment processes to reduce the human and financial cost of injury within the workplace.

Our customers actively engage Core to undertake early intervention rehabilitation services, drawing on our vast experience with tailored programs that minimise the risk of injury and re-injury within their workplace. This is translating to tangible cost benefits for these employers, who are rewarded with reductions in workplace injury rates; reductions in lost productivity; reductions in lost time injuries; increased employee retention and satisfaction and a corresponding decrease in insurance premiums and common law payouts.

Core has been successfully applying the same methods which are being utilised to enhance elite athletic performance, with the additional benefit of having targeted industry specific applications.



IN 2012-13: THERE WAS A

71%

increase in the
median payment for
serious injury claims
compared to 2000-01

Reducing the impact of workplace injury

When injury strikes your workplace, what's at the centre of your decision making process?

Helping your employees recover quickly and return to work without delay, whilst minimising disruption to your business is high on every executive's agenda. So why not choose the smartest option available?

Core's Injury Management Team are highly skilled, industry trained and experienced rehabilitation specialists who integrate with your company's culture and collaborate effectively with treating medical practitioners to quickly identify the source of the injury and implement appropriate treatment plans, which deliver the fastest possible recovery and maximise return to work outcomes for employers and injured workers alike.

Encouraging individuals to take responsibility for their own recovery and rehabilitation, we focus on maximising physical and functional capabilities and implementing regular upgrades throughout the duration of the return to work plan, rather than just treating the injured worker's symptoms or relying on passive modalities.

At Core, you can expect us to take a proactive approach to workplace injury, extending from initial assessment and early phase rehabilitation all the way through the return to work process and claim finalisation following the injured employees return back to work on full duties and function.



IN 2011-12,
**a mental disorder averaged
14.2 weeks' time lost**
compared to musculoskeletal
& connective tissue disease
which averaged
9.2 weeks' time lost

Occupational Rehabilitation and Return to Work

For most employees who are injured at work, returning back to normal duties is a simple process, where increases in physical and functional capabilities within the workplace are matched closely to the injured worker's recovery. In some instances however, returning back to work after injury does not come easily for some workers and the return to work process can uncover a minefield of barriers to be negotiated. Core Injury Management engages experienced practitioners to intricately form a team of tactical occupational rehabilitation specialists who apply specific, targeted, integrated and result-driven injury management strategies to achieve timely cost effective return to work outcomes for our clients.

At Core, we have successfully adapted and applied the same methodology currently used in the rehabilitation and recovery of professional athletes through targeted industry specific applications, to facilitate the rapid recovery and cost effective return to work for those "industrial athletes" referred to us by our industry aligned clients.

Early Intervention Services

Core Injury Management specialises in early intervention rehabilitation. Many local and national employers have taken advantage of our immediate access to proactive injury management avenues through our experienced team of treatment and rehabilitation Practitioners who closely work together through early phase rehabilitation to identify and address return to work barriers as they develop or present. These tactical occupational rehabilitation specialists are able to deliver specific, targeted, integrated and results-driven injury management strategies to achieve timely, cost effective return to work outcomes for our clients including - Initial Rehabilitation Needs Assessments; meeting with employers, liaising with insurers, consulting with Treating Medical Practitioners and Specialists, identifying Suitable Duties, developing Return to Work Plans and ongoing injury management and treatment services as required.

Core's vast range of complimentary services is what sets us apart.



Functional Capacity Evaluations

Functional Capacity Evaluations (FCE's) are structured assessments, which utilise a standard series of objective measures to provide clear insight into a worker's actual physical and functional capabilities. Normally performed in a clinical setting, FCE's are most effective when used at key points throughout the return to work process by providing the employer, insurer and treating medical practitioner with a clear assessment of a worker's ability to safely perform the critical physical demands of their pre-injury role.

FCE's are valuable tools and are commonly used to assist in determining the direction of rehabilitation programs and re-evaluating rehabilitation goals through the completion of a detailed, structured and coherent assessment report which provides meaningful and succinct recommendations in support of achieving the desired return to work goal. All FCE reports undergo strict quality assurance reviews by senior staff before being released to the referrer.

Fitness For Work Assessment

Fitness for Work Assessment (FFWA's) are structured assessments, which also utilise a standard series of objective measures to provide clear insight into a worker's actual physical and functional capabilities. FFWA's are not always performed in a clinical setting, as they are sometimes performed within the workplace, and are primarily used upon cessation of a worker's compensation claim, where an injured worker has an ongoing incapacity for work and remains on restricted, suitable or modified duties. FFWA's are also indicated when a non-work related injury or illness prevents an employee from performing the inherent requirements of their pre-injury role. FFWA's are vital tools used by employers, insurers, treating medical practitioners and solicitors to determine if employees have the capacity to perform the inherent physical and functional requirements of their pre-injury role. All FFWA's reports undergo strict quality assurance reviews by senior staff, before being released to the referrer to ensure that recommendations are meaningful and succinct and where appropriate support achievement of the desired return to work goal.



Back Rehabilitation and Pain Management Specialists

Who benefits from functional rehabilitation

People with, or at risk of medical conditions or those with secondary cognitive complications that have arisen, and those wanting to gain in-depth knowledge and understanding of the most effective ways to avoid musculoskeletal problems through empowered/active rehabilitation as well as lifestyle modification strategies.

Specialist functional rehabilitation

Core's Specialist Pain Management and Functional Rehabilitation Program is an integrated intervention which empowers injured people to understand musculoskeletal injuries and overcome persistent pain barriers and assists with a durable and safe return to work. Programs can be tailored and are delivered in the traditional group format under direct contact, or a combination of remote virtual learning and 1:1 contact sessions.

What sets Core apart is the ability to provide patients and employers with a cohesive team working together and providing an integrated approach. The right treatment at exactly the right time.

Program options



6 DAY PROGRAM

A Specialist Pain Management and Functional Rehabilitation RTW Program with active Pain Specialist involvement



5 DAY PROGRAM

Pain Management and Functional Rehabilitation Program with optional Pain Specialist involvement



4 DAY PROGRAM

Cognitive Behavioural Therapy Program



3 DAY PROGRAM

Functional Rehabilitation Program

Individually tailored 6-12 week programs with RTW and suitable duties can be designed to compliment Core's Group Pain Management Programs or completed on a stand alone basis

For enquiries or referrals phone 1300 012 273

GOLD COAST

BRISBANE

LOGAN

VIRTUAL AND E-LEARNING



Physiotherapy

Core Physiotherapy and Exercise is recognised as an industry leader in the treatment and management of back and neck pain, workplace injuries, post-surgical rehabilitation and the art of restoring full function after injury or accident.

At Core, patient and therapist work closely together to ensure safe and progressive loading of the injured tissue. Offering a comprehensive solution, we use a combination of physiotherapy treatment techniques that are specifically tailored to meet the needs and demands of the patient's body. These techniques often include hands on manual therapy, biomechanical technique correction, targeted exercise programs, advice and education on activity modification and adjunct therapies like dry needling to promote stimulation and tissue recovery.

The aim of these interventions is to correct deficiencies in movement, restore appropriate function and ensure there is no recurrence of injury. Our practitioners are leaders in the field of rehabilitation and work closely with our patients to address and correct functional deficiencies in movement patterns which are likely to hinder outcome quality.

Working closely with surgeons

Core Healthcare Group works closely with treating medical practitioners to ensure rapid recovery and optimal care and is the 'first-choice' rehabilitation provider for a range of spinal specialists, doctors and other health professionals.

Our team at Core is dedicated to assist you with sustainable solutions to minimise the impact of injury. We use the latest research in clinical diagnosis, pain assessment and rehabilitation to achieve the best outcomes.

Clinical Pilates

Clinical Pilates is an exercise process that focuses on core stability, control and strength, and often assists in recovery following back, shoulder and lower limb injuries. At Core, we utilise Clinical Pilates as part of our rehabilitation approach to recovery. For some injuries, Clinical Pilates on its own may be adequate to get a good recovery, however this won't work for every situation. If a patient requires a higher level of fitness or has a strenuous job to return to, Core will progress the patient to our more intensive training programs targeted to regain strength and power for work and/or sports.

Core's approach to Clinical Pilates

At Core, we integrate the original concepts of Joseph Pilates with the latest research-based core strength and stability training programs, to help patients achieve the best possible recovery. We have exercise practitioners highly trained in traditional Pilates and use real-time diagnostic ultrasound feedback, which enables us to see if a patient is working their muscles correctly. Our team of highly trained experienced Practitioners ensures every patient's rehabilitation program is tailored, specific and targeted - not just the same as everyone else's.

A non-purist, eclectic approach to rehabilitation. At Core, we don't follow the exercise sequencing prescribed in a weekend workshop. We believe rehabilitation should be specific and injury-targeted.





Exercise Physiology

Exercise physiology services at Core are targeted, specific and focused for optimal resolve.

Core's approach is TACTICAL REHABILITATION. Our Programs are designed with the end target in mind, so from the onset, we have a clear path of steps in progression, recovery and expected timeframes to achieve desired outcomes.

Our Team

In addition to their baseline 4-year Exercise Science degree, our key Practitioners come with 10-25 years of exercise and rehabilitation experience and highly attuned to musculoskeletal rehabilitation. Many of our Rehabilitation Team are dual trained in both Physiotherapy and Exercise Science, some having accredited qualifications in both Physiotherapy and Exercise Physiology - bringing you the best of both worlds with their rehabilitation approach.

We integrate our Exercise Therapy Team to ensure we cover all aspects of recovery from lower grade early stabilisation to heavy lifting and loading, required in some occupational fields.

Our Exercise Physiology Team works closely with our Physiotherapists to get restored motion and control in the initial phase and progress through a range of bridging activities which may include hydrotherapy, clinical Pilates, gym-based rehabilitation and advanced manual handling/strength and conditioning programs.

Dual qualified practitioners with qualifications in Exercise Physiology and Physiotherapy bringing you the best of both worlds.



Rehabilitation programs available

Core Stability Restoration

- utilising physiotherapy to regain movement control, and then progressed to clinical Pilates, and functional focused exercises. This might be used in an early phase of clinical rehabilitation such as following a back injury at work. Real time diagnostic ultrasound feedback is utilised through this phase to ensure we are teaching optimal activation patterns to get the stable base on which we can progress their program.

Progressive Functional Restoration (light lift and load)

- this part of the Program can include progressions from clinical Pilates and core stability moving into functional lift and load patterns for manual workers, and postural strengthening and control for more sedentary workers. This may start with a home based exercise program and if needed, progress to a gym based program. Our own Exercise Centres allow us to undertake gym-based activities out of our own facilities or if preferred, at a gym facility conveniently located to the worker's home or workplace.

Progressive Functional Restoration (aqua)

- this may initially include hydrotherapy for patients that have poor tolerance to load but need to maintain fitness and mobility. This is more than just swimming and floating in the water, but can include water walking, deep water cycling / running, resistive activities with aqua dumbbells and floatation devices and progressed to land based activities as soon as tolerable.

Industrial Strength Recovery programs

- this is where we utilise our expertly trained team, some of which have a specialty in strength and conditioning to retrain our patients in a safe and controlled environment to rebuild load tolerances required for work. For example, a Baggage Handler or a Courier, is required to repeatedly lift and load items of 25kg or more repeatedly through the day; we need to rebuild strength, load tolerance, reteach body mechanics, and integrate core activation to ensure optimal back and posture support while lifting. This requires a more individualised approach than a general strength training program and is an area that Core specialises in and continues to get outstanding results where others have been less successful.

Our rehabilitation hours are flexible and we have practitioners out working with clients from 6am to 6pm through the entire SEQ region.



Specialising in:

- Pain Management Programs
- Occupational Rehabilitation
- Physiotherapy
- Clinical Pilates
- Exercise Physiology

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