

ACTIVE WORKING SOLUTIONS

Exercise Physiology Services

Cost effective Work Conditioning solutions



AWS statistics prove the effectiveness of our Work Conditioning Program:

From June 2006 to July 2007, the average certified hours increased from 23 hours to 36 hours and the average lifting certification increased from 3.9kgs to 14kgs for all AWS Work Conditioning programs.

ACTIVE WORKING SOLUTIONS

Building healthy organisations through healthy individuals.™



For more information or if you would like to refer to Active Working Solutions:

- Toll Free Phone **1300 132 990**
- Toll Free Fax **1300 132 991**, or
- Email reception@activeworkingsolutions.com.au

Visit our website for our office locations:

www.activeworkingsolutions.com.au

The AWS Work Conditioning Program

The AWS Work Conditioning Program involves:

- Individualised assessment to identify needs based on Return to Work (RTW) goals*
- Exercise prescription to increase functional capacity and physical capabilities, including: work specific strength; fitness and body composition tests e.g. height and weight measurements, BMI calculations, blood pressure and heart rate recordings; range of motion; target improvements in activities of daily living
- Appropriate functional and manual handling education is provided
- Client is encouraged to take a reactive approach to pain management, and adopt lifestyle changes to independently manage his/her condition
- Physiotherapy expertise as required.

What makes our Work Conditioning programs unique?

- AWS Exercise Physiologists are tertiary qualified health professionals, and are members of the Australian Association of Exercise and Sports Science (AAESS).
- AWS Exercise Physiologists are actively involved in the Return to Work process, liaising with GP and Case Manager (attending case conferences as required)*
- Workplace visits to provide functional education as required
- Multi-disciplinary approach integrating solutions to achieve RTW goals
- On-site Physiotherapist with over 15 years of clinical experience
- AWS assessments incorporate Workhab standard guidelines (all are trained)
- Functional based exercise prescription to ensure physical gains are geared to work-related specific tasks and overcome any fear-avoidance issues
- Exercise Physiologist integrates cognitive behavioural therapy techniques to overcome psychological barriers and promote early RTW
- Incorporation of Evidence Based Practice.

* CTP clients or workers compensation clients are eligible for this program.

Additional Exercise Physiology Services

AWS Exercise Physiologists also offer exercise services to private clients, tailored to your needs. These include:

- Development of both hydrotherapy and land based programs
- Targeting weight loss
- Diabetes control
- Rehabilitation following musculoskeletal injuries
- General strengthening programs
- Core stability and postural to support back injuries
- Annual health assessment for employees.

How do I refer to AWS?

To make a referral the client or GP can contact AWS directly via phone or simply fill out a referral form and fax it to us. AWS will seek insurer approval and commence the program with the client.

Contact AWS for more information on this service, phone toll free: 1300 132 990.