

# Injury Management and Rehabilitation Services



**Konekt offers a comprehensive range of injury management and rehabilitation services that are focussed on getting injured workers back to work safely and as soon as possible.**

## **Rehabilitation and Return to Work Services**

Initial Workplace Conference is a unique intervention which assists injured workers to achieve early recovery and return to work in addition to providing recommendations on the sustainability of employment. This program also helps long term unemployed injured workers back to suitable employment.

**Functional Capacity Assessment** provides evaluation of an individual's functional and physical abilities to assess their capacity to fulfil a set of tasks required to perform a specific role or job.

**Work Assessment** which provides a detailed appraisal of the workplace to allow development of a realistic, safe and effective return to work program.

**Graduated Return to Work Program** involved the identification of suitable duties, the development of a return to work plan, ongoing liaison with key stakeholders and professional monitoring of the injured worker's progress.

**Vocational Assessment and Transferable Skills Analysis** identifies suitable job options for an individual who is unable to return to their pre-injury work duties or who is seeking employment.

**Job Placement Services** can be provided on a one-on-one basis or to small groups. These programs are designed to improve job seeking and job application skills, interview techniques and address identified barriers to a return to the workforce such as poor pain management mechanisms, low self-esteem or motivational issues.

**Multidisciplinary Conditioning Programs** are a range of flexible conditioning programs that are delivered by a team of physiotherapists, occupational therapist, exercise physiologists that are designed to improve an individual's capacity to work. All programs are individually tailored to meet specific needs and are designed to improve physical strength, flexibility, endurance and posture as well as addressing psychological issues associated with injury, pain and disability.

## **Like to know more?**

For more information, contact your local Konekt office or visit [www.konekt.com.au](http://www.konekt.com.au)

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## Health Education

**Seminars and Workshops** – Konekt delivers a range of professional and informative seminars and workshops that provide employees the guidance they need to enhance their health and wellbeing. Our seminars are facilitated by suitably qualified health professionals with experience in delivering these programs to corporate groups. These programs include:

- Good Nutrition – specific for busy executives, shift workers, woman, special needs groups
- Stress Management – tailored for managers and for different industries
- General Health – specific programs including women's health, men's health, manual handling, work/life balance, ergonomics, back care, lowering cholesterol.

**Health Expos** – An ideal opportunity to highlight a range of health issues, our health expos provide advice in an interactive, fun and enjoyable way.

## Occupational Medical Services

Konekt offers a range of occupational medical screening assessments and programs. These include:

**Pre-employment Medicals** – A comprehensive assessment carried out by a medical practitioner and nurse, this program determines an individual's medical status prior to commencing employment. We can perform a wide range of standardised assessments to suit the requirements of the proposed job. The assessment may include lung function, vision, hearing and flexibility tests.

**On-going Fitness for Work Screenings** – These screenings can comprise a medical component, musculoskeletal health, functional capacity and psychological health.

Additional occupational medical screening assessments and programs offered by Konekt include:

- Periodic Medical
- Drug and Alcohol screening
- Industry specific medical assessments including Aviation, Diving, CAMS Motor Sport
- Vaccinations.