

□ **Workplace Assessments and Graduated Return to Work Programme**

Provider Details and Service Capacity

ProHealth Physiotherapy Ltd.		
Contact details for your organisation/team including phone, fax, e-mail, delivery and postal address		
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Legal Status of organisation		
Limited Liability Company		
Company Directors: Jillian McDowell Christine Gibb Janine Hopcroft		
Available Geographical Coverage for this Service:		
Southland	073	
Invercargill	075	
Our company incorporates three sites:		
ProHealth Physiotherapy 124 Kelvin Street INVERCARGILL	ProHealth Physiotherapy Otautau Branch Otautau Medical Centre Main Road OTAUTAU	ProHealthPhysiotherapy Tuatapere Branch Tuatapere Medical Centre TUATAPERE

<p>ProHealth services a large catchment area in Southland. We are able to travel from our base in Invercargill to Riverton, Otautau, Tuatapere, Edendale, Maitai, Wyndham, Bluff and areas between.</p> <p>Coverage of industries on Stewart Island could be negotiated on a case by case basis as accommodation and ferry costs would be applicable.</p>

Service delivery

<p>Prohealth Physiotherapy has a proven track record in supplying Vocational Services.</p> <p>We have held an ACC Vocational Rehabilitation Assessments & Services Contract providing worksite assessments and reports throughout Southland as requested by local case managers and CRM since 2001.</p> <p>We have also provided Return to Work Programmes and delivered individual physical therapy sessions to address physical rehabilitation goals for claimants referred on Vocational programmes by local case managers.</p> <p>Jillian McDowell is contracted by ACC to provide Rehabilitation Assessor Services and has provided RAS reports for local case manager since 1999.</p>

<p>Procedures, systems and methodologies used in providing a graduated Return to Work Programme.</p> <p>The following tools are at our disposal for servicing Workplace Assessment and Return to Work programmes.</p> <ul style="list-style-type: none"> - Functional Disability Questionnaires - Code of Safe Practice - Task assessment methods <ul style="list-style-type: none"> Manual Handling Hazard Control Record Victorian Work Cover Authority NIOSH equation RUL REBA Plibel - Discomfort Assessments
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Musculoskeletal Symptoms Questionnaire
Self-Report of Discomfort and Pain
Dallas Pain Index

- Job Demands Analysis
- Chair Comfort Questionnaires
- Biofeedback machines to determine muscular effort or excessive tension
- Grip strength dynamometer
- A heart rate monitor for determining pain responses and fitness progress.
- Relaxation audio tapes
- Comprehensive handouts on exercises, self care and relaxation techniques
- Functional Indexes
 - Lower Limb Functional Index
 - Upper Limb Functional Index
 - Neck Disability Index
- Yellow Flag Questionnaires

We have access to ACC material developed for the OOS Prevention Programme and Serious Low Back Pain Prevention Programme.

Methods used will include:

Observation
Interviewing
Biofeedback
Physical/practice/skill learning
Application of Physiotherapy Modalities where applicable.
Digital camera pictures of interventions.

Our rehabilitation philosophy is to empower the client. By guiding and educating our clients through their recovery, ensuring 'self care is self help' we make them an active participant in their own recovery. By ensuring knowledge of their responsibility to themselves, maximum compliance is gained and more rapid and lasting effects achieved, with all parties involved working to a common goal.

Passivity in treatment is discouraged with all clients receiving exercise programmes, aerobic conditioning stretches and ergonomic advice.

We aim to avoid time off work and actively seek light or alternative duties or graduated return to full-time employment for injured workers in consultation with Case Managers and employers.

Keeping injured employees in the workplace encourages socialisation, continued work ethic and maintains work fitness as gradual improvements are worked toward.

Our philosophy is to keep people active, show them how to be active in their recovery, set realistic achievable goals and achieve them in conjunction with other supporting agencies such as ACC, GPs, Surgeons, Occupational Health Nurses, Occupational Therapists and Workbridge.

ProHealth personnel are ideally qualified to provide services within a Vocational Framework.

Christine Gibb is the only private practice physiotherapist in Invercargill with a Diploma in Occupational Health Practice and extensive experience in heavy industry in Southland – in particular as past onsite physiotherapist at Tiwai Aluminium Smelter. Christine is a current member of The New Zealand Ergonomics Society.

Both Jillian McDowell and Christine Gibb were selected as Recognised Advisors of the Occupational Overuse Syndrome Prevention Programme developed by ACC and received training by ACC personnel in Dunedin, November 1997.

Jillian McDowell is a Rehabilitation assessor for ACC providing second opinions on difficult case management and physiotherapy provisions for Case Managers. She is also the Rehabilitation representative on the Invalid Appeal Panel in Invercargill for WINZ.

Jillian McDowell is also a Recognised Advisor for the ACC Serious Back Injury Prevention Programme.

Jillian has served on the Expert Panel for the development of the Guidelines for the treatment of Acute Low Back Pain as the NZPPA representative.

Jillian has also recently completed an Otago University Distance Learning paper on Pain (704). This paper incorporated not only the physical processing of pain and its many presentations and syndromes but also dynamics of the biopsychosocial model of pain, the Cartesian model of pain and its influence on perceived outcomes and treatment, pathopsychology associated with chronic pain and cognitive behavioural therapy.

In combination our advanced practitioner skills and proactive philosophy distinguishes our services from those of other practices.

Intention:

Provide clients and accredited employers with Workplace Assessments and comprehensive Graduated Return to Work Programmes in the areas of:

Heavy Industrial
Meat Processing
Clerical/Banking
Farming and Dairy Industries
Production Line Industries
Health Industry including Rest Homes, Nursing and Laboratory Areas

Provide the following service items

- Initial interview and assessment of claimant identifying any barriers

to a return to work with same employer.

- Identify physical and vocational programme components required for a successful return to work.
- Create a time framed individual return to work plan with objective goals.
- Create a treatment plan and active exercise plan if appropriate, incorporating claimant education and self care with objective goals.
- Deliver individual physical therapy sessions to address physical rehabilitation goals.
- Visit the claimants worksite and perform a workplace assessment identifying risk factors, hazards and ergonomic issues, correcting poor work habits, recommending workstation or workflow changes and educating the claimant on posture, micropauses, stretches and lifting techniques.
- Monitor progress of the claimant weekly.
- Report on achievement of goals (return to work and physical goals).
- Travel to employees' worksite as necessary.
- Communicate with all parties to ensure a successful outcome and to fulfil contractual obligations.

PERSONNEL DETAILS SERVICE PROVIDERS

Christine Gibb Practice Director/Senior Physiotherapist
New Zealand Registered Physiotherapist No: 7002713

Professional Memberships:

New Zealand Society of Physiotherapists
New Zealand Private Practitioners Association
New Zealand Manipulative Physiotherapists Association
Physiotherapy Acupuncture Association of New Zealand
Sports Medicine New Zealand
Associate Member of The New Zealand College of Physiotherapy
New Zealand Ergonomics Society
Member of the NZPPA Accreditation Scheme

Qualifications:

Diploma of Physiotherapy (Otago)	1976
Registered Physiotherapy Acupuncturist	1993
Diploma in Occupational Health Practice (Otago)	1995

Other Significant Associations/Positions Held:

Recognised Advisor of the Occupational Overuse Syndrome
Prevention Programme developed by ACC (Nov 1997)
Advisory Member, Southern Institute of Technology Degree of Sport & Recreation
Committee Physiotherapist in Occupational Health at New Zealand Tiwai
Aluminium Smelter 4 years
-Set up the Occupational Physiotherapy/Work Hardening Unit at NZAS Tiwai
-Ran the Unit and Set up Risk Management procedures for 4 years

Experience as Physiotherapist 26 Years

Jillian McDowell Practice Director/Senior Physiotherapist
New Zealand Registered Physiotherapist No: 7004830

Professional Memberships:

New Zealand Society of Physiotherapists
New Zealand Private Practitioners Association
New Zealand Manipulative Physiotherapists Association
Physiotherapy Acupuncture Association of New Zealand
Sports Medicine New Zealand
Arts Medicine New Zealand
McKenzie Institute of New Zealand
Sport Science New Zealand
Member of The New Zealand College of Physiotherapy (Manipulation Therapy)
Member of the NZPPA Accreditation Scheme

Qualifications:

Diploma of Physiotherapy	1990
Registered Physiotherapy Acupuncturist	1992
Asthma Educators Certificate	1993
Postgraduate Certificate of Sports Medicine (Otago)	1995
Diploma of Manipulative Therapy	1998
Credentialed Therapist McKenzie Institute	1999
Accredited Sport Science Provider for Sport Science New Zealand (Level 1 Physical Conditioning)	1999
NZQA Units in Adult Learning Facilitation	2001

Other Significant Associations/Positions Held:

Rehabilitation Assessor for ACC	1998 – Current
NZPPA Member Expert Panel for the Development of the Acute Low Back Pain Guidelines	1998 – 1999
Preferred Provider for New Zealand Sports Academy	2000 – Current
Member of Regional Network for New Zealand Netball	1999 - Current
Recognised Advisor of the Occupational Overuse Syndrome Prevention Programme developed by ACC (Nov 1997)	
WINZ Invalid Benefit Appeal Panel Member (Rehabilitation Consultant) Southland.	
Recognised Advisor for the ACC Serious Back Injury Prevention Programme developed by ACC (2002).	

Experience as Physiotherapist – 13 Years

Allison Dick Staff Physiotherapist
New Zealand Registered Physiotherapist No: 7007142

Professional Memberships:

New Zealand Society of Physiotherapists
New Zealand Manipulative Therapists Association
McKenzie Institute of New Zealand
Associate Member of The New Zealand College of Physiotherapy

Qualifications:

Bachelor of Physiotherapy (Otago)
Diploma of Occupational Health (Otago)
Credentialed Therapist McKenzie Institute

Experience as Physiotherapist: 4 Years

Provider Details:

First Name	Surname	Qualification #1	Qualification #2	Professional Body	Reg. No.
Christine	Gibb	Dip. Phys	Dip Occ Health	NZSP	7002713
Jillian	McDowell	Dip Phys	Dip M.T.	NZSP	7004830
Allison	Dick	Dip Phys	Dip Occ Health	NZSP	7007142