

Job Site Coaching

Formal On-site Coaching • Posture Analysis • Injury Reduction • Body Mechanics • Skills Transfer

THE SPINE & JOINT CENTRE

Diagnosics

- Functional Abilities Evaluation (FAE)
- Physical Demands Analysis (PDA)
- Work Readiness Trials
- Independent Medical Evaluation
- Hearing Testing / Diagnostics
- Environmental Noise Testing
- Foot and Gait Analysis

Rehabilitation Programs

- Acute Injury
- At Work Rehabilitation
- Work Readiness (Hardening)
- Orthotics and Foot Care
- Job Site Coaching
- Return to Work Consulting

Prevention

- Ergonomic Assessments
- Post-offer Pre-placement Screening
- Health Promotion Services
- Work Safety Seminars
- Pre-employment Medicals
- Fitness Testing
- Management Training in Injury Prevention
- Wellness/Spa Services

**EASY REFERRAL
QUICK TURN-AROUND
CALL 673-5090**

**107-101 Cherryhill Blvd
London, ON
www.spineandjointcentre.com**

What?

- A coaching session with an individual and employer to reduce job risk and enhance return to work success.
- A physical therapist visit to the work place to ensure smooth and safe return to work with long lasting results.
- On-site workplace visit by a physiotherapist and/or ergonomic kinesiologist in collaboration with the worker(s), supervisor, and Health and Safety Committee as applicable.
- Full report for the client and the employer to summarize all the recommendations for a safe and efficient work environment.

Why?

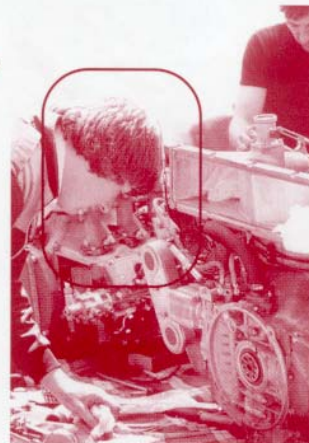
- Prevent re-injury.
- Improve return to work success.
- Improve worker confidence in his or her ability to perform work safely.
- Coaching on pain and soreness control strategies.
- Education on proper posture, stretches, and body mechanics.
- Ensure the employee is able to transfer the techniques that they have learned in the clinic to the busy, real work environment.

How?

- Formal onsite instruction in job simplification techniques and other personal safety techniques to optimize tolerance of the "injured employee" return to the job.
- Classifying the work activities to meet any defined restrictions and outline appropriate progression toward normal duty.
- Usually only two sessions required
- Referral to Report 4 - 5 days

When?

- Job coaching sessions are usually one hour in length
- Best scheduled for the first day back to work after an injury, and then a re-check two-three days later



**Referral can be made through the Functional Diagnostic Centre
519-673-5090**