



SUMMER
2008

Rehabilitation in Motion

PHYSIOTHERAPY MASSAGE CHIROPRACTICS
ERGONOMICS ORTHOTICS CASE MANAGEMENT



Setting the Pace

A newsletter of helpful information for employers, workers and healthcare providers.

Worksite Reintegration & Disability Management



KEYS TO PLANNING A SUCCESSFUL RETURN TO WORK

- Implement the plan **AS SOON AS MEDICALLY POSSIBLE**.
- Use **CLEAR, CONCISE AND REGULAR COMMUNICATION** with physicians, physiotherapists and any other healthcare providers is essential. Utilizing the services of a Case Manager is often recommended and can expedite the whole process.
- Employ a **COLLABORATIVE APPROACH** by involving the employer AND the worker in all decision-making.
- Focus on **CAPABILITIES** instead of restrictions/disabilities.
- Recognize that **THE WORKPLACE IS OFTEN THE BEST PLACE FOR REHABILITATION**. In many cases, workers go back to work to get better. They don't get better THEN go back to work.
- Invite Case Managers or healthcare workers involved in the case to **VISIT THE WORK SITE**.
- Maintain **OPEN COMMUNICATION** with everyone involved.

Have you identified all the **ERGONOMIC RISK FACTORS** at your worksite?

Compliance with Worksafe Regulations is essential to an effective OH&S program!

We also offer training in:
- Risk Identification
- First Aid for MSIs
- Ergonomics
- Setting up an OH&S Program

Rehabilitation in Motion
Ergonomics Risk ID Checklist

Job: _____
Department: _____

The RMA checklist is designed to identify movements and factors that place a person more at risk of musculoskeletal injury. Throughout the course of an average eight hour shift, if the movements the person makes on the job match or exceed the criteria in the right of the chart, check the box with the designation.

	BENDING THE NECK FORWARD DOES THE NECK BEND FORWARD TO THE END OF ITS RANGE OF MOTION MORE THAN THREE TIMES PER MANIFEST? IF IT IS HELD THERE FOR MORE THAN 20 SEC? <input type="checkbox"/>		PINCH GRIPS DOES THE PINCH GRIP OBJECTS SMALLER THAN 5CM (2 IN) MORE THAN TEN TIMES PER MANIFEST? ARE THEY HELD FOR MORE THAN 20 SEC? ARE THEY VERY HEAVY THUMBGRIPS? <input type="checkbox"/>
	BENDING THE NECK BACKWARD DOES THE NECK BEND BACKWARD TO THE END OF ITS RANGE OF MOTION MORE THAN THREE TIMES PER MANIFEST? IF IT IS HELD THERE FOR MORE THAN 20 SEC? <input type="checkbox"/>		BENDING THE WRIST FORWARD AND BACKWARD DOES THE WRIST BEND TO THE END OF ITS RANGE OF MOTION MORE THAN THREE TIMES PER MANIFEST? IF IT IS HELD THERE FOR MORE THAN 20 SEC? <input type="checkbox"/>
	BENDING THE NECK SIDEWAYS DOES THE NECK BEND SIDEWAYS TO THE END OF ITS RANGE OF MOTION MORE THAN THREE TIMES PER MANIFEST? IF IT IS HELD THERE FOR MORE THAN 20 SEC? <input type="checkbox"/>		BENDING THE WRIST TO THE SIDES DOES THE WRIST BEND TO THE END OF ITS RANGE OF MOTION MORE THAN THREE TIMES PER MANIFEST? IF IT IS HELD THERE FOR MORE THAN 20 SEC? <input type="checkbox"/>
	NECK ROTATION DOES THE NECK TURN TO THE END OF ITS RANGE OF MOTION MORE THAN THREE TIMES PER MANIFEST? IF IT IS HELD THERE FOR MORE THAN 20 SEC? <input type="checkbox"/>		BENDING THE WRIST TO THE LOWER BACK DOES THE WRIST BEND TO THE END OF ITS RANGE OF MOTION MORE THAN THREE TIMES PER MANIFEST? IF IT IS HELD THERE FOR MORE THAN 20 SEC? <input type="checkbox"/>
	RAISING THE ARMS TO THE SIDE DOES THE ARMS MOVE AWAY FROM THE SIDE OF THE BODY MORE THAN THREE TIMES PER MANIFEST? IF IT IS HELD THERE FOR MORE THAN 20 SEC? IS THE PERSON VIBRATING THEMSELVES? <input type="checkbox"/>		EXTENDED REACHING DOES THE PERSON REACH MORE THAN 45CM (18 IN) FROM THE BODY MORE THAN THREE TIMES PER MANIFEST? ARE THEY VIBRATING THEMSELVES? <input type="checkbox"/>
	RAISING THE ARMS UP FRONT DOES THE ARMS MOVE UP OVER SHOULDER HEIGHT IN FRONT OF THE BODY MORE THAN THREE TIMES PER MANIFEST? IF IT IS HELD THERE FOR MORE THAN 20 SEC? <input type="checkbox"/>		SITTING BENT FORWARD DOES THE PERSONS FEET SLID BACK OR SLID FORWARD THROUGHOUT THE SHIFT OR FOR LONGER THAN A FEW MINUTES? <input type="checkbox"/>
	RELEASING THE FOREARM OUT AND BENDING THE WRIST BACKWARD DOES THE FOREARM ROTATE OUT AND THE WRIST BEND BACK MORE THAN THREE TIMES PER MANIFEST? IF IT IS HELD THERE FOR MORE THAN 20 SEC? <input type="checkbox"/>		CROUCHING DOES THE PERSON CROUCH DOWN MORE THAN 10 TIMES PER HOUR? <input type="checkbox"/>

is on this Job:

Sections 4.46-4.53 of the OH&S Regulation from Worksafe BC states that all employers must identify and reduce/eliminate hazards that pose a risk of musculoskeletal injury to workers. Rehabilitation in Motion has a complete package to provide you with this capability. You can implement them quickly and in a cost-effective manner.

ERGONOMICS

Shift Workers - who gets more sleep?

Comparing the survey results of people working eight-hour shifts with those working 12-hour shifts, they found that the length of the shift affects the amount of sleep shiftworkers get. Over a span of several days or weeks 12-hour shifts provide twice as many days off, and employees sleep longer on their days off. Regardless of whether the comparison is between people working day shifts only, night shifts only, or a rotating shift schedule, the average hours of sleep during the four-week period is greater for 12-hour



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CLINICAL TIDBITS

Low Back Pain in the Adolescent Athlete

This article discusses low back pain as a common problem among young athletes. These individuals are at risk for significant structural injuries or nonmechanical problems that can be associated with their symptoms. Any athlete who has severe, persisting, or activity-limiting symptoms must be evaluated thoroughly. Clinicians must have a working knowledge of the developmental issues, injury patterns, and particular conditions that may affect a given athlete and be able to work with patients in addition to families, coaches, trainers, and others involved in the care and training of the injured athlete.



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COMMUNITY FOCUS



From June 2nd to June 8th, Rehabilitation in Motion was excited to participate in the annual Bike to Work initiative in Campbell River, Courtenay and Port Alberni. Our therapists and administration staff all mounted their saddles and burned a few extra calories to bike to work!

Let's do our part for the environment and occasionally bike instead of drive. Let's face it. With the price of gas these days, it even makes good economic sense!

EXERCISE ADVICE

4 RULES FOR WEIGHT LOSS

- 1** To lose 10 pounds of body fat a year, you need to eat 100 calories less per day. Cutting too many calories from your daily intake will sap your energy level and increase your hunger, making you more susceptible to splurging on high-calorie foods.
- 2** Don't skip breakfast. Eat within two hours of waking.
- 3** In fact, eat more breakfast than you think you should. Trade in some of your dinner calories for more calories at breakfast.
- 4** Don't allow yourself to get hungry. Eat at least every four hours, and split a meal in half to make sure you properly fuel up for your day. For example, eat part of your breakfast before going to work (a banana) and the rest of your breakfast afterward (a bagel with peanut butter) at break.

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