OSC|10
Ohio Safety Congress & Expo

On-site physical therapy: Getting the medical community to work for you!

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Wednesday, March 31 10:30 to 11:30 a.m.

Continuing Nursing Education Disclosures

- **Goal:** To educate conference attendees on specific aspects of accident prevention and Ohio's workers' compensation system
- **Learning objectives:**
  - Describe how companies use on-site physical therapy services to help manage injury case,
  - Explain how to Improve communications with the doctor, and return employees quickly and safely back to work; and
  - Identify what qualifications to look for in medical providers and on-site services.
- **Criteria for Successful Completion:** Attend the entire event and complete a session evaluation.
- **Conflict of Interest:** The planners and faculty have no conflict of interest.
- **Commercial Support:** There is no commercial support for this event.
- **Continuing Education:** Awarded 0.1 IACET general CEUs and 1.0 RN* contact hour.

**The Ohio BWC (OH-188/01-01-2013) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.*

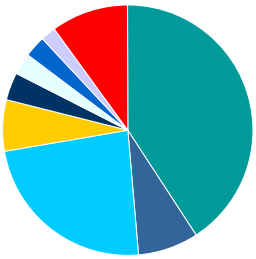
Introduction
Paul Kaple PT

- Over 20 years of treating on-site
- Certified Workability Therapist
- Ergoscience certification for job analysis
- Matheson certification in ergonomics
- Certified in disability evaluations

Finding competent medical providers

- First do research on your own needs
- Gather information about your local medical community
- Have a sit down meeting with medical providers

What are your needs?



What are your needs?

- What type of injuries do you have in your facility?
- What is the cause of the work injuries?
- Is your work return program effective?
- How is your communication with the medical providers in your community?
- Do you feel in control of your workers medical treatment?

Finding Competent Medical Providers

- Do titles matter MD, DO, DPT, PT, RN, CNP, DC
- What about experience in the field of work injuries?
- Will they get their feet wet?

Getting to know medical providers

- What experience do they have working with clients with _____ injuries?
- What experience do they have working on-site.
- What knowledge do they have regarding ergonomics?
- How flexible are they? What shifts are they available? What if you have an urgent need?

Getting started How to overcome big problems?

Getting Started with On-Site Medical

- Start small, but think big
- Set goals
- Give incentives
- Monitor results
- Encourage competition

On-Site Therapy Programs

- Physical Therapy First-Aide
- Job Site Analysis
- Work Transition Programs
- Ergonomics Programs
- Educational Programs
- On-Site Physical Therapy
- New/Return Employee Screen

What to do when workers are injured?

Physical Therapy First-Aide

- Patient Screen*
  - Consult
  - Physical Exam
  - Body mechanics instruct
  - Exercise program
  - Job Modification
  - Re-screen

What makes an effective employee screen?

- History
  - Incident, complaints, past medical history
- Physical Screen
  - Observation, ROM, Strength, Palpation, Sensation, Functional tests
- Important Findings
- Recommendations
  - Ice, ibuprofen, stretches, ergo solutions, posture education

On-site stretches

What makes successful first-aide program?

- Early reporting by employee to plant staff
- Prompt intervention by physical therapist
- Immediate & specific action given to employee
- Regular follow up, TLC

Case Study

- First-aide
- Screen
  - Musculoskeletal pain noted
  - Exercises protocol started
  - Posture instruction
  - Job Analysis-job hazard found*
  - Job Modification*
- Re-screen

Job Hazard

- Employee complains of right shoulder pain
- Note excessive flexion, abduction, and external rotation of shoulder

Job Hazard Eliminated

Vork surface lowered

ecrease stress placed on
houlder

ain resolved

Ergonomics Program

- Ergonomics team
- Prioritize areas of potential hazards
- Provide resource for:
  - discussing human factors
  - work designs
  - support the need for ergonomic equipment
- Perform job analysis*
- Brainstorm with employees for ergonomic solutions.
- Initiate work site modifications

Job Analysis

- Lifting-floor to waist, waist to chest, overhead
- Physical aptitudes-manual dexterity, climbing, agility and balance, aerobic stamina, vision, hearing
- Standing, sitting, reaching (shoulder level and above), stooping, kneeling, standing, crawling, bending.

Awkward Lifting

Awkward Postures

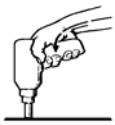
Sustained Postures

How to solve ergo problems.

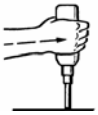
Simple Ergonomic Solutions

Tool use example

Working with bent wrists decreases grip strength



Use tools that let you keep your wrist straight

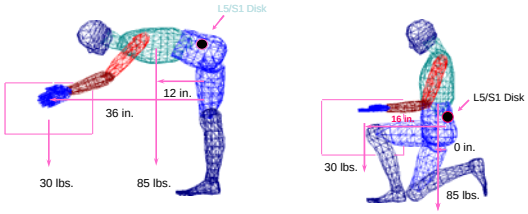


Educational Programs

- Presentation to management or employees on prevention of repetitive motion injuries
- Back school program
- Ergonomics education programs

Proper Body Mechanics with Lifting

Reduce Back Stress



Work Transition Programs

- Assisting the injured worker back to the work environment in a safe manner, as quickly as possible
- Avoid lost work days
- Avoid re-injury

New Employee Screens

- Identify new employees at risk for musculoskeletal injury
- Help to place employee in job that matches employee capabilities
- Screen employees who are returning to work after layoff or injury

On-Site Treatment Access

- Clinic center at work
- Limited disruption to work day
- Improve communication
- Improve treatment quality
- Quicker work return
- Treatments

  -Modalities-Electric Stimulation, Ultrasound, Phonophoresis, Iontophoresis
  - Exercise Programs
  - Manual Techniques

Results

- OSHA recordables are reduced
- Lost Work Days decreased
- More efficient and effective treatment for employees
- Better communication with management & employees

Bottom Line

- Fewer injuries
- More productive work force
- Healthier employees
- Better compliance with OSHA and company guidelines
- Money saved