

Remote Occupational Health Physiotherapy Services

We provide support to employees with musculoskeletal injury in their recovery and return them to full function in and out of work. Services include telephone triage, virtual clinical assessment and virtual workplace assessment.

Our work focused rehabilitation service adopts a biopsychosocial approach to ensure a sustained return to work and prevention of further associated absence.



This remote service offering allows;

- Fast access to quality healthcare delivered by specially trained, Chartered Occupational Health Physiotherapist.
- The ability to monitor employee's health from a distance, offer advice and manage healthcare needs effectively.
- Alternative to face-to-face assessments, due to new technologies.
- Financial efficiency as well as clinical effectiveness.

Telephone Triage

Virtual Clinical Assessment

Virtual Workplace Assessment

PhysioLine

PhysioLine is a dedicated telephone consultation service, providing advice and triage for those experiencing pain and discomfort or suffering from musculoskeletal problems. It is an established, cost effective model for the provision of musculoskeletal advice and ensures immediate management of potential problems.

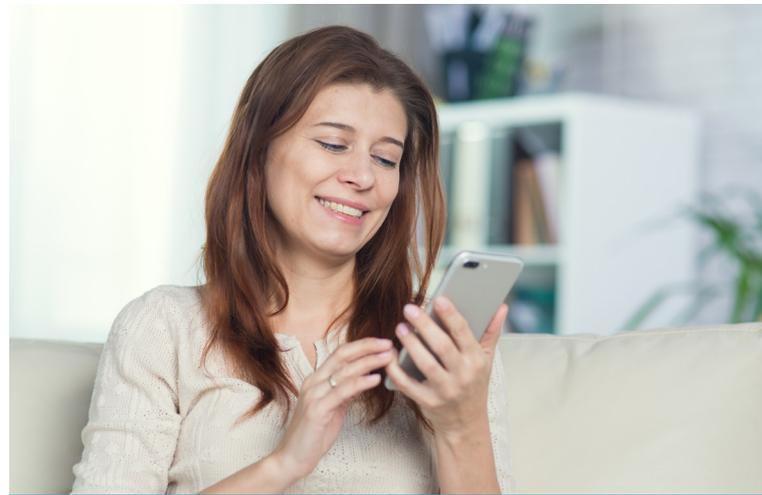
Our PhysioLine service is delivered by specially trained, Chartered Occupational Health Physiotherapists. These Physiotherapists are experienced in telephone consultation and will make an assessment as to whether the referred employee;

- Can self-manage with advice, exercises and ongoing support over the telephone
- Requires follow up virtual clinical/workplace assessment to manage the condition effectively
- Requires further investigations (e.g. MRI) or NHS emergency care
- Requires additional support from other services (Occupational Health, Psychology, EAP)

Virtual Workplace Assessment

With an increase in homeworking, this is an individual home workplace assessment, completed by an OH Physiotherapist, to assist employees in the prevention and reduction of musculoskeletal disorders.

This is delivered through our easy access 'PhysiApp' and includes 'practical' workstation set up, good working practices with relevant advice and live exercise streaming, available after the call via the app. Our focus is on employee wellbeing and self-management strategies, rather than equipment purchasing (although this can be considered where required).



Our Interactive Exercise Prescription Programme gives employees access to bespoke, functional rehabilitation or preventative exercise programmes which can be accessed online or via an application. This includes: step-by-step audio, photo and video instructions. Employees have prescribed dedicated high-definition video exercises chosen for their specific conditions.

Virtual Clinical Assessment

If the clinician feels a virtual assessment is appropriate, this can be easily completed by our 'PhysiApp'. This will allow us to keep some objectivity and visual observation within our assessment where face to face assessment is not possible.



Connect Health are extremely flexible in their approach. The organisation & employees have benefited significantly, from the remote services that have been delivered in recent weeks.

The services have assisted in reducing musculoskeletal related sickness absence, increased engagement & improved the health & wellbeing of employees.

*Vera Bole - Senior HR Advisor,
West Lothian Council*



Connect Health® SS_OH-RS_v1.0_0420