

# OCCUPATIONAL HEALTH PHYSIOTHERAPY



## What conditions can be treated by a physiotherapist?

**Spinal problems** – including back or neck pain, sciatica, stiffness in neck or back and referred arm or leg pain.

**Joint problems** – arthritis, stiffness, frozen shoulder, pain and swelling in any joint either due to chronic degeneration or acute injury.

**Soft tissue injury** – affecting muscles, ligaments, tendons and cartilage - many work related conditions or sports injuries come under this category.

**After surgery or fracture healing** - rehabilitation by physiotherapy improves the healing and gets you faster back on track.

**Some headaches** - associated with tense muscles in the neck and shoulders or strain of the muscle surrounding the eyes.

**Occupational Health physiotherapy tries to correct the source of your problems if certain work duties or positions place a strain on your musculoskeletal system.**

Other specialists physiotherapists work in neurology, rheumatology, cardiac rehab and paediatrics.

## What are the benefits of physiotherapy?

Physiotherapists treat injury and disease by stimulating and improving the body's own natural healing mechanisms usually without the use of medication unless prescribed by a doctor.

A thorough assessment is done to establish the likely causes for your problem. Subsequent treatment is tailored to those findings and can therefore often lead to a fast recovery.

Physiotherapists use a wide range of skills including mobilisation, massage and manipulation. Electro therapy or acupuncture can be used to speed up the healing process.

Very specific exercises are usually given to allow the body to get back into balance and to promote self management of the condition. This can bring long lasting effects to avoid the problems from recurring.

**Physiotherapy teaches you how to help yourself.**

**Less pain and improved function can make your work and leisure life more enjoyable.**



## How can you get physiotherapy through work?

### Are you:

Employed by [insert client name]	<b>AND</b>
Experiencing pain or discomfort affecting your work?	<b>OR</b>
Experiencing increasing pain or discomfort at work?	<b>OR</b>
Currently absent or have you had sick leave from work because of a musculoskeletal complaint?	<b>OR</b>
Waiting for an NHS outpatient physiotherapy appointment?	<b>OR</b>
Recovering from recent surgery and need rehabilitation?	

**THEN** talk to your manager or People and Organisation and ask them to refer you to the physiotherapist at Iqarus.

 **01224 047 232**  **AberdeenCityCouncil.gbr@iqarus.com**

## Physio at work occupational health physiotherapy

Aims to support you at work in your present role or helps your return to work.

Aims to reduce sickness absence by helping you heal faster or by stopping a problem becoming too painful or chronic.

Gives advice on how you can help yourself.

Is a confidential medical service.

### Provided by Iqarus

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