



Workplace Injury Prevention Program

While it is true that Physiotherapy is highly recognized as a health care profession that is focused on rehabilitation there is notwithstanding a dire need to address and evaluate workplace conditions that historically are the root cause of employee injuries and of course absenteeism. A perfect example of this is someone who sits in a chair all day long generally speaking will develop chronic lower back and shoulder pain both of which are conditions that can be avoided if time is taken to assess the type of chair they sit on, the height of the desk, the computer's monitor resolution settings, the type of keyboard and mouse they use.

Family Physio's **Workplace Injury Prevention Program** starts with an ergonomic assessment and may also include a massage therapy, orthotic assessment, reflexology and nutritional assessment which assist us in identifying the appropriate Program of Care and the resulting treatment options that will help mitigate the risk of further injury and discomfort.

Employers who provide employee benefits have a vested interest in our Workplace Injury Prevention Program as the reduction in claims will result in lower premiums and that's simply good business!

Call us today to set up a complimentary overview of the Program.

613.521.9800 or 613.715.9000