



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 muscles 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.

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. Electrotherapy 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.

International SOS

10 Lotland Street, Inverness IV1 1PA

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internationalsos.com



How can you get physiotherapy through work?

Are you -

- Employed by Highland Council
- Experiencing pain or discomfort affecting your work
- Experiencing increasing pain or discomfort at work
- Currently absent or have you had sick leave from work because of a musculoskeletal complaint
- Waiting for an NHS outpatient physiotherapy appointment
- Recovering from recent surgery and needing rehabilitation?

AND
OR
OR
OR
OR

THEN talk to your manager to refer you to the physiotherapist at International SOS. You can access the physiotherapy helpline telephone number for any queries and fast track advice on Tuesdays and Thursdays between 13:30 and 14:00, or leave your number with reception for a call back.

We can also offer Physiotherapy by phone- this may sound unusual, but can give you instant advice and support to heal faster.

We are also offering video consultations for clients who cannot travel to us due to Covid-19 restrictions, the distance or any discomfort. This helps to assess how we can best help you.

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

Contacts:

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Administration

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Queries and Complaints

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WORLDWIDE REACH.
HUMAN TOUCH.



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