

## **Work Rehabilitation**

Physical injuries, medical conditions or diseases may affect a person's performance at work, hindering productivity and efficiency. Workplace injuries commonly affect the patient's physical and psychological readiness to return to their usual job scope.

Work rehabilitation prepares patients physically and mentally before returning to their work role. It includes providing ergonomics advice to improve posture, prevent future injuries, and providing recommendations on task modifications to enable patients to perform their duties in a safer and more efficient manner.

## **What does rehabilitation involve?**

The overall aim of rehabilitation is to ensure the patients' return to meaningful work and occupations.

Helping patients return to their work involves a holistic assessment of the interaction between the person, occupation, and environment. Occupational therapists perform job assessments and task simulations to assess and match patients' physical and cognitive abilities to their work requirements. We will also provide task and environmental modifications where needed, to improve the patient's quality of task performance at work. Rehabilitation involves the integration of these factors to optimise the patient's ability to return to work.

Work rehabilitation involves a remediative approach. This includes work conditioning and the practice of simulated tasks to increase the patient's readiness to return to work. It can also involve a compensatory approach where necessary. This includes the recommendation of appropriate tools and equipment to enable the patient to perform the task within their physical and cognitive abilities. We offer ergonomic advices as well, to help patients prevent or aggravate injuries.

## **Useful websites**

[AOTA work rehabilitation](#)