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facts about physiotherapy and return to work



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Early physiotherapy improves RTW outcomes



Physiotherapists should:

- set return to work (RTW) as a primary goal
- start physiotherapy care early, including psychosocial risk screening
- keep workers active with graded activity and exposure to job demands
- coordinate early with the workplace and insurer.

2



Physiotherapists identify and address barriers to RTW

Physiotherapists can:

- assess function in real-world tasks
- address barriers through functional rehabilitation, graded exposure, pacing, education, reassurance, strategies and communication with employers.

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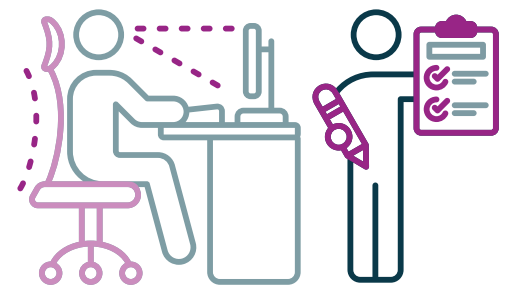
Physiotherapists use work as a structured rehabilitation tool

Safe, early, graded work exposure is associated with:

- sustained work participation
- restoration of function
- reductions in disability duration and fear-avoidance behaviour.



4



Physiotherapists apply RTW tools beyond the treatment room

Workplace-based interventions allow physiotherapists to:

- understand the environmental, physical and psychosocial factors influencing recovery
- bridge the gap between injury recovery and job performance requirements
- identify risks, recommend suitable duties and monitor progress in real time.

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Physiotherapists match functional capacity to job demands

Comparing clinical findings to job requirements allows physiotherapists to:

- develop tailored RTW plans that minimise reinjury risk
- support safe progression of duties
- reduce the risk of both underloading and overexposure to work tasks.



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