Onsite physio – the impact of early intervention

The impact of early intervention on illness and injury

A healthy and productive workforce is the cornerstone of any business. To keep your workforce productive, it is important to have a proactive plan in place when it comes to injury management and early intervention services. A reactive approach to employee health has the potential to result in a more significant and costly injury.

KINNECT’s health professionals can assist your employees through early intervention onsite physiotherapy. Our onsite physiotherapists will manage existing pain or symptoms with the aim of reducing the chance of a significant injury.

Early intervention can reduce the likelihood of a worker taking long-term sick leave or sustaining a significant injury. Identifying and responding to warning signs such as stiffness is an important aspect in early intervention onsite physiotherapy and injury prevention. Early access to treatment can enhance recovery, reduce injury duration and severity and facilitate better return to work outcomes¹. Elite athletes are systematically monitored and screened to ensure any potential injury is rehabilitated. Treat your employees like elite athletes and provide early intervention rather than reactive treatment after a significant injury occurs.

Employee injury can be incredibly costly for your business. In addition to the direct costs, other indirect costs include reduced productivity and moral and replacement costs of the injured worker.

Investing in early intervention onsite physiotherapy is a business decision that will pay dividends in the long run.

Evidence-based early intervention

The effectiveness of early intervention has been well documented in numerous case studies.

One such study is the introduction of an early intervention program for poultry meat processing workers. Through onsite physiotherapy, the poultry meat processing plant was able to achieve an 18% reduction in workers compensation claims. They also achieved a 37% reduction in days absent and a $831 reduction in average costs per claim (Donovan et al., 2017)².

Another recent study investigated the introduction of a workplace-based program aimed at reducing musculoskeletal injuries (MSIs) in healthcare workers. The early intervention program reduced compensation and healthcare costs and provided quicker return to work outcomes (Badii et al., 2006)³.
How can KINNECT help?

Over the years KINNECT have worked with many clients across various projects to deliver an outcome driven onsite physiotherapy service. Our work to date has allowed us to gain invaluable experience across industries such as oil, gas, mining, healthcare and logistics.

KINNECT offer onsite physiotherapy clinics that are run each day around Australia. We work directly with clients to establish and implement programs that achieve a return on investment for them.

Our clinics not only provide treatment, but also educate and reinforce self-management to minimise any dependence on “hands on” intervention. Our physiotherapists will also be able to provide onsite solutions regarding group training programs, injury management and monitoring of workplace tasks such as manual handling. This will assist in eliminating the cause of the symptom or injury.

We believe that onsite physiotherapy services improve workplace productivity and reduces disruption to daily operations. Onsite physiotherapy minimises the need for your employees to seek treatment elsewhere.

Benefits of KINNECT’s onsite physiotherapy clinics

- Minimal absenteeism from work as the service is provided onsite
- Ease of access to physiotherapy services by employees encourages early reporting of symptoms. This gives the employees immediate access to a clinical opinion from a physiotherapist on musculoskeletal conditions. Consequently allowing injuries to be resolved before they become significant
- KINNECT clinicians become familiar with your organisation’s operations, positions, processes and potential hazards. This allows the clinician to offer informed education and advice to your employees on safe work practices and ergonomic solutions
- Observing the injured worker in the workplace helps with identification of contributing factors
- Facilitates direct communication between the physiotherapist, the employer and the injured worker; and
- Excellent boost in moral and wellbeing within the workplace as employees feel supported

Our past experience and results

KINNECT’s past experience includes assisting Gladstone Regional Council to achieve a reduction in workers compensation costs⁴.

In 2010, workers compensation costs at Gladstone Regional Council indicated a significant increase when compared to previous years. The increase was determined to be primarily associated with musculoskeletal injuries. In 2011, there was a further 47 per cent increase in workers compensation costs.⁴
costs and 10 percent increase in musculoskeletal injuries. In 2013, Gladstone Regional Council reached out to KINNECT to provide onsite physiotherapy services.

With our assistance, Gladstone Regional Council reduced their workers compensation costs from $561,000 in 2011/12 to $161,000 in 2015/16.

**Logistics of KINNECT’s onsite physiotherapy programs**

It is essential that a permanent treatment room be established at your workplace dedicated to onsite physiotherapy. A treatment room fitted out similar to a private clinic will assist in ensuring service success and ongoing durability. KINNECT can assist with the development of such treatment room and the ongoing ordering of consumables.

The setup of an onsite physiotherapy room will be completely funded by KINNECT. All that is required from your company is the allocation of a dedicated room and/or space.

**References**


