

ACTIVE BASED TREATMENT - RETURN TO WORK



02 9351 8118

Active Based Treatment for Return to Work

The Sports Clinic at Sydney University is a multidisciplinary sports medicine clinic specialising in musculoskeletal rehabilitation. We have a team of Exercise Physiologists based at the clinic each with a comprehensive background in musculoskeletal rehabilitation. Facilities include a fully equipped multi level gym. No memberships or additional costs are required for a patient during a supervised visit with one of our exercise physiologists.

The Exercise Physiology team at The Sports Clinic aim to optimise rehabilitation outcomes through effective treatment and efficient communication between all treatment providers. Early intervention is the key to optimising timely outcomes.

Refer to Exercise Physiology:

- When acute intervention methods plateau and functional improvements are not made.
- If the injury requires progression of treatment, following a successfully managed acute period. (Weeks 4-12 post injury)
- To promote function and return to pre injury duties.
- Following the identification of yellow flags potentially delaying treatment.
- To prevent further loss of strength, function and deconditioning.
- When patient requires guidance and supervision during exercise.



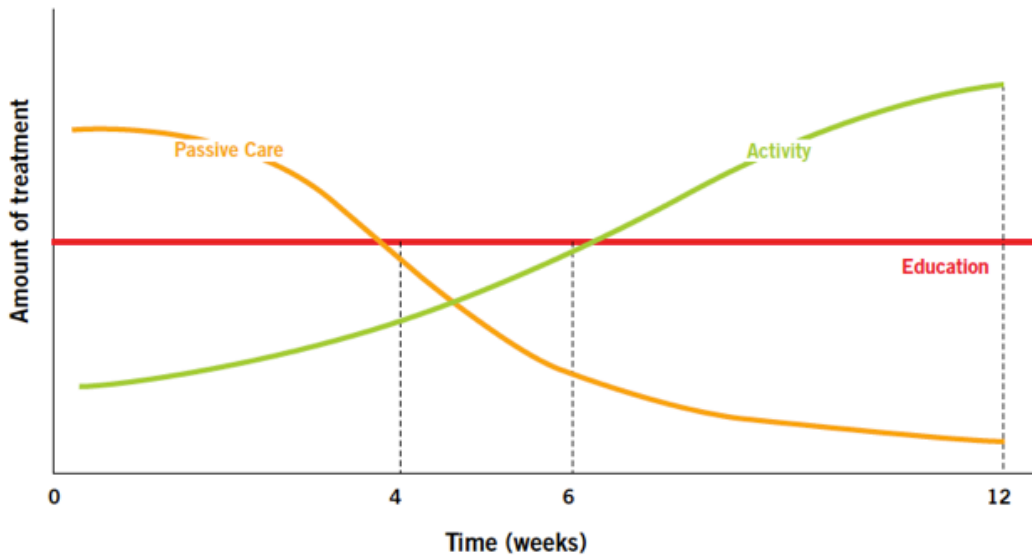
a little about us....

The Sports Clinic is a multidisciplinary sports medicine clinic based in the University of Sydney. Many of Australia's leading Sports and Exercise Medicine consultants are based in The Sports Clinic.

Services include:
**Sports Medicine,
Physiotherapy,
Exercise Physiology
& Sports Science,
Podiatry, Dietetics,
Massage and
Acupuncture.**



Transition of Care



Boland, R. (not dated), WorkCover NSW, Improving outcomes: Integrated, active management of workers with soft tissue injury. Catalogue number WC05364, Retrieved on 5/5/11.

"treat your workers like athletes"

Key outcomes from referring to Active Based treatment at The Sports Clinic.

- improved coping strategies
- enhanced self management
- Primary goal of improving work related function measures whilst acknowledging and addressing musculoskeletal dysfunctions.
- Sustainable return to work
- Integration with return to work and psychological interventions

REFERRAL

The referral process is simple. It can come straight from the nominated treating doctor or treating specialist in the form of a letter or referral pad slip. Alternatively you can contact us directly and we will make the appropriate arrangements.

CONTACT US

Cnr Western Ave & Physics Road
University of Sydney
NSW 2006

Phone: 02 9351 8118

Fax: 02 9351 8123

www.thesportsclinic.com.au

info@thesportsclinic.com.au



There is designated parking on the university grounds for The Sports Clinic patients. Parking is free and in very close proximity to the clinic. Please speak to the clinic reception for more details.

Access to The Sports Clinic is conveniently off Parramatta Road or Carillon Ave



02 9351 8118