



White House Clinic



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# Occupational Health

For a higher priority of team wellbeing

DOC V01 | MARCH 2021





## INTRODUCTION

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Physiotherapy is clinically and cost effective at keeping people at work or helping workers return quickly after sickness absence

### The problem

- Sickness absence costs the UK around £15 billion annually in lost economic output
- £13 billion is spent on health related state benefits
- In the NHS almost 40% of staff sickness absence is due to musculoskeletal conditions, e.g. back pain
- 5% of sickness absence becomes long term, lasts over four weeks and accounts for almost half of the total working days lost each year
- There is an 80% chance that if absent for six months an individual will be out of work for five years.





## What is Occupational Health Physiotherapy?

Employers have a legal duty to protect the health, safety and welfare of employees and must do whatever is 'reasonably practicable' to achieve this. Occupational health physiotherapists improve the safety, comfort and performance of the working population to reduce accidents and sickness absence. This helps employee productivity and performance.

There are significant benefits to both employers and employees.

Occupational health physiotherapists treat the main conditions affecting sickness absence including musculoskeletal disorders, mental health and individuals who have undergone surgery. Physiotherapists work within a strong clinical evidence base that is linked to measurable outcomes.

They support self management of common and complex health conditions and promote independence whilst considering all aspects of the patient's life.

## What are the benefits?

- For most people, including those with long term conditions, health can actually be improved by being in work.
- Occupational health physiotherapists have a role in proactively promoting health and wellbeing in the work environment.
- This allows workers to avoid sickness and injury as well as the potential secondary health consequences of sickness absence or even unemployment.





## INTRODUCTION

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### What we provide

- Specialist Occupational health physiotherapy
- Rapid access to Occupational health services
- Face to Face treatment at multiple locations
- Online video consultations
- Ergonomic assessment and advice
- Digital exercise prescription
- Telephone triage support



Physiotherapy is clinically and cost effective at keeping people at work or helping workers return quickly after sickness absence





## Specialist Services

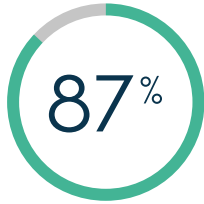
- Occupational Health
- Health assessment and health screening
- Massage
- Acupuncture
- Shockwave
- Hip and Knee
- Shoulder & Elbow
- Foot & Ankle
- Sport & Exercise medicine
- Home & Domiciliary visits
- Injection therapy
- Golf clinic



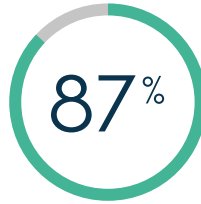


## Benefits of Occupational health

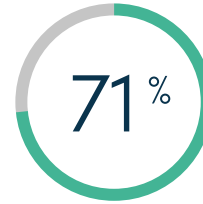
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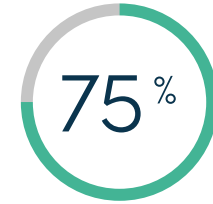
More comfortable



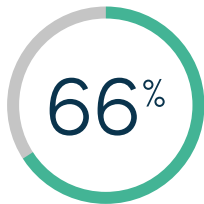
More energised



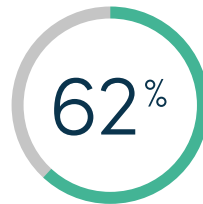
More focussed



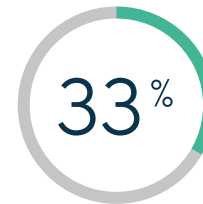
Healthier



More Productive



Happier



Less stressed



OUR APPROACH

# The White House Clinic approach

Our specialists work on a simple strategy in delivering a clear and effective service to our clients:

## 1. Prevention and Education

Whilst physiotherapists predominantly treat pain and injury, they are also ideally positioned to assess for risk of injury before it happens. Repetitive strain injuries are often preventable with correction of working practices. Accident risks can be reduced through risk assessment. If problems can be prevented before they even occur, the benefits are exponential.

## 2. Assessment

If a client attends to see one of our physiotherapists with musculoskeletal symptoms or an injury, the first thing we do is a full and detailed assessment of the injury, We can then establish the severity and irritability of the problem and provide immediate guidance on activity levels, exercises and fitness for work.



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## OUR APPROACH

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### 3. Treatment and rehabilitation

Our team are highly skilled in offering a wide variety of clinical treatment and we pride ourselves on our manual therapy skills. We also offer patient specific exercise advice, as we know a one size fits all approach does not provide the outcomes we desire. We aim for a quick and effective recovery through our rehabilitation strategy.

### 4. Training

Once a client has overcome an injury it is all too easy to return to normal and forget about it. We find that education and training are vital at this stage in order to prevent any future reoccurrence of the problem.

### 5. Shared goals

When it comes to Occupational Health, we all have the same shared goals in mind. The aim of the employer, the employee and our Physiotherapy team is to help recover from injury and be fit and healthy for work. We are highly motivated in maximising your employee's health and well-being, which will lead to improved job satisfaction, reduced sickness absence and improved productivity.







WORKING FROM HOME

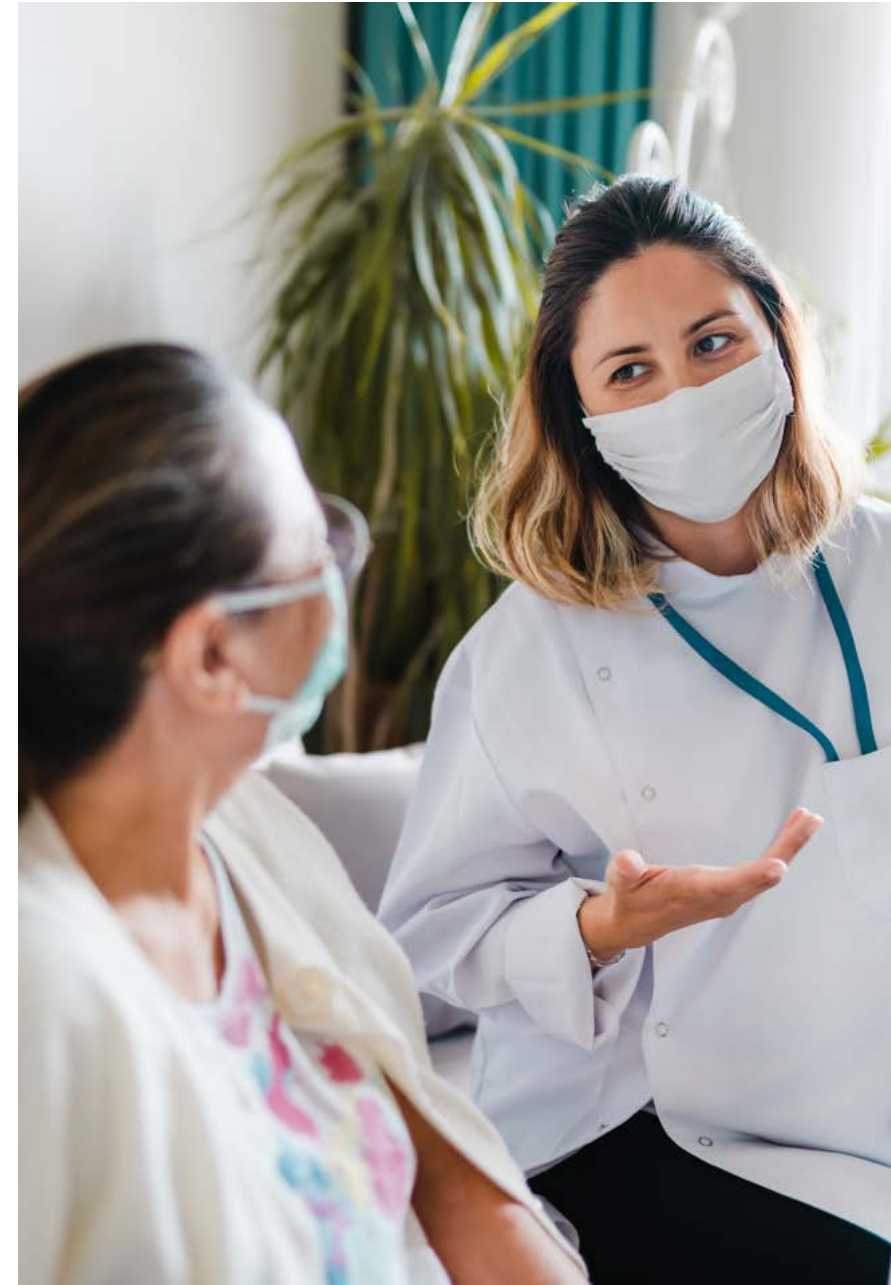


## Providers we work with

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PPP HEALTHCARE





## Summary

Musculoskeletal problems have a significant impact on workplace well-being and can lead to significant costs to businesses.

Providing Occupational health services and support to employees has a positive impact on health, well-being and productivity.

The White House clinic provide simple and cost effective solutions to managing Occupational Health in the workplace.

Now is the perfect time to act and benefit from a proactive approach to managing health and well-being at work. We would be delighted to work with you in achieving these goals.



# Contact us



## Steve Canning

Clinical Director & Senior  
Physiotherapist

**Call me on: 0114 230 2030**

Steve is the Clinical Director and a Senior Physiotherapist at the White House clinic and has been working here for 16 years. He qualified with a BSc in Physiotherapy from Sheffield Hallam in 2002 and has a specialist interests in Occupational Health and Running injury rehabilitation.



## Lynn Rogers

Service Delivery Manager

**Call me on: 0114 230 2030**

Lynn is our Service Delivery Manager for the White House Clinic, overseeing our team of Physiotherapists and sports injury specialists at our clinics across the region.

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