



HILLS STREET GROUP

Providing Creative Solutions to
Injury Management,
Prevention & Rehabilitation.



What is a Work Related Activity Program?

WRAPs are a goal oriented activity program designed for workers recovering from injury, to restore their capacity for work by specifically addressing their functional capacity and fear of reinjury.

Hills Street Group has been providing Work Related Activity Programs (WRAP) for the past 10 years to injured workers in their workplace.

Our team of highly qualified health professionals including Physiotherapists, Exercise Physiologists, Psychologists and Rehabilitation Counsellors, are accredited to provide a thorough Workplace Assessment and Cognitive Behavioural Strategies for clients participating in WRAP programs.

The Benefit of Hills Street Group WRAPs:

- Minimise downtime for the worker with workplace based sessions.
- Specificity to work tasks vs generic gym programs
- Provision of a persuasive argument for upgrading a worker's medical restrictions on the basis of close supervision by a health professional in the workplace.
- A positive effect on workplace culture sends message that rehabilitation will be workplace based, other workers observe the implementation of safe working practices, worker's aren't 'left to their own devices' when returning to work.
- WRAP closely linked to existing RTW plan & directed towards reaching common rehabilitation goals.
- Tasks are broken into components and the difficulty gradually increased.

Why use Hills Street Group?

- Cognitive behavioural approach to injury management
- Team of health professionals skilled workplace based injury management.
- Collaborative team encourages rapid improvement
- Evidence based approach results in best practice methods.
- Regional and rural workplace specialists.

Case Study

When 24 year old nursing assistant Mary Brown hurt her back while lifting a patient, a resulting CT scan revealed bulging discs in her lumbar spine. Returning to work on light duties, Mary had ongoing pain and only felt able to do paperwork. Her claims manager referred Mary to Hills Street Group for a Work Related Activity Program after the results from an insurers questionnaire showed that Mary had continued anxiety about her symptoms.

Hills Street Group exercise physiologist, Anna Duncan made a detailed assessment when meeting Mary and found that Mary thought the discs in her back might pop at any time and that back pain was a warning that further damage was happening. When her back pain got worse, Mary would stop what she was doing and go to bed.

Anna explained to Mary the benefits of remaining active. They discussed ways Mary could manage her pain so that she could continue to be active rather than go to bed. In follow up visits, Anna worked with Mary to practice some tasks she needed to do to return to work as enrolled nurse.

Mary started pushing empty wheelchairs, with Anna gradually adding weights until eventual Mary could push a person in the chair. They looked at changing bed linen and performing showers. When Mary became anxious about her pain, she would do some stretches Anna had shown her and continue working. She learnt to control her symptoms and stay active. Within a few weeks Mary was ready to upgrade to her pre injury duties.

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