



RehabWorks

nationalgrid



Managing musculoskeletal disorders

Amy Rose, Chartered Physiotherapist, Regional Manager

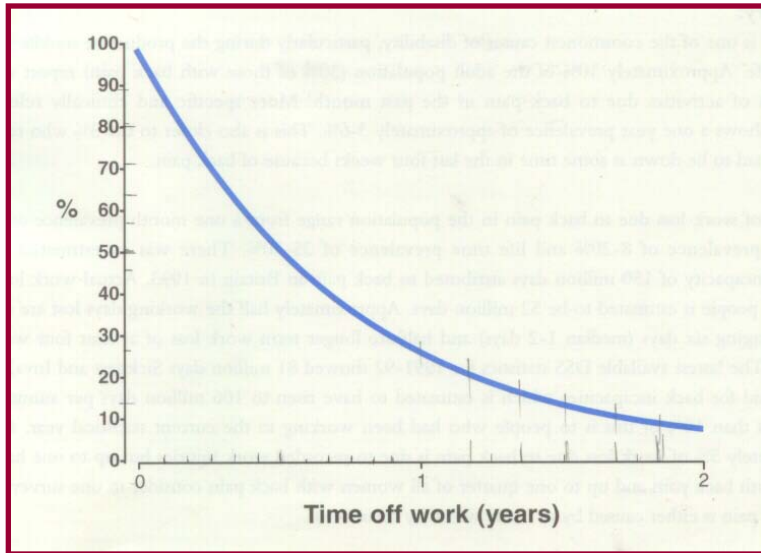
Today's session

- Introduction to RehabWorks
- MSDs: the problem
- Stepped approach to MSDs
- National Grid case study
- MSD Mini MOT
- Q & A

Introduction to RehabWorks

- A private, independent medical company specialising in managing and treating musculoskeletal disorders (MSDs) and mental health conditions
- Significant experience in Utilities, Emergency Services, Car Manufacturing, Distribution & County Councils
- HQ in Bury St Edmunds and 10 rehabilitation centres nationwide.
- Nationwide network of Quality Assured Physiotherapy Clinics
- Current Physiotherapy provider for National Grid's Soft Tissue Injury Prevention Programme
- National Grid winner of Rehabilitation First Awards 2012 for Employer Rehabilitation Initiative of the Year Award

The problem with ongoing sickness absence

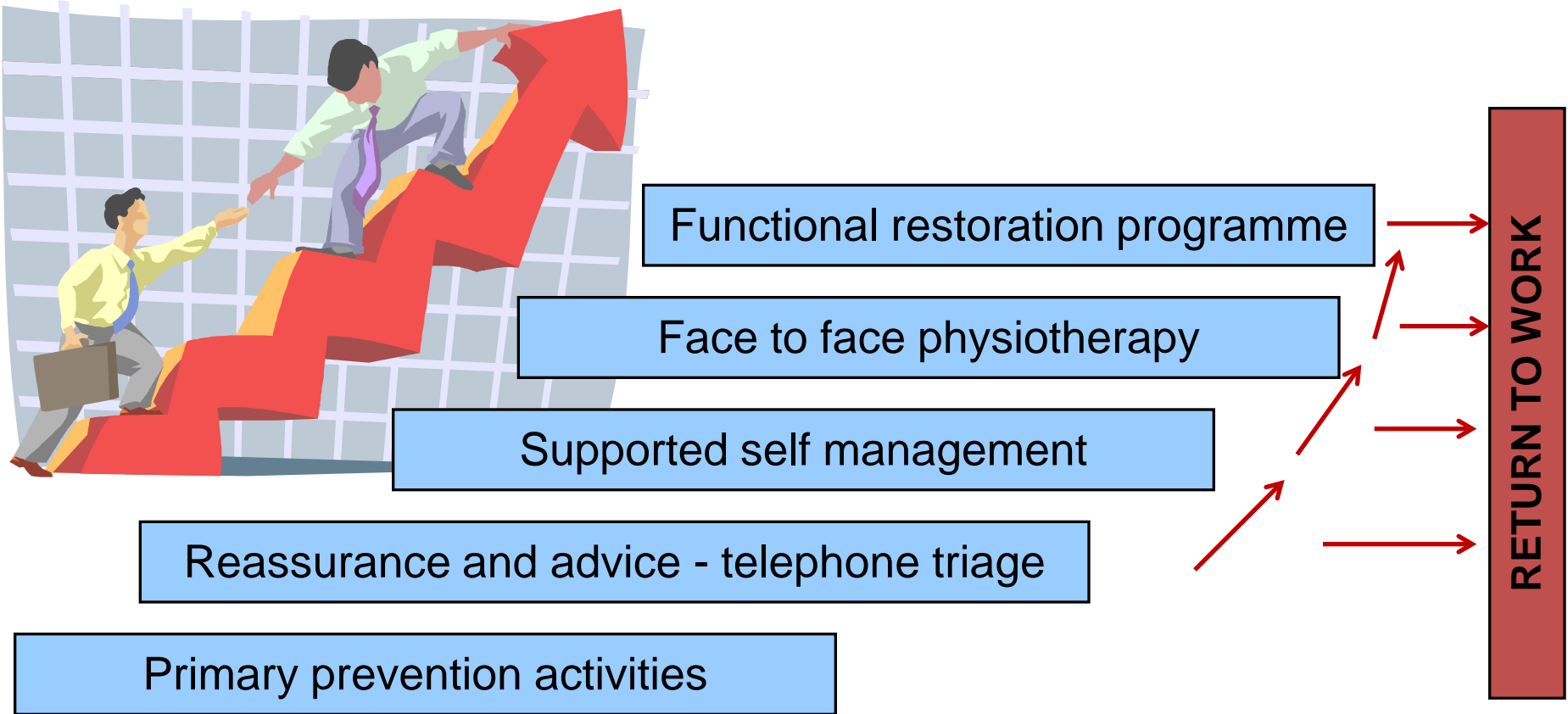


Clinical Standards Advisory Group
Report on Low Back Pain, 1994.

- The longer an individual remains off work the chance of returning to work reduces
- After 6 months absence 50% will not return to work
- After 12 months absence 80% will not return to work
- Obstacles to return to work are clinical, physical, functional, psychological and social

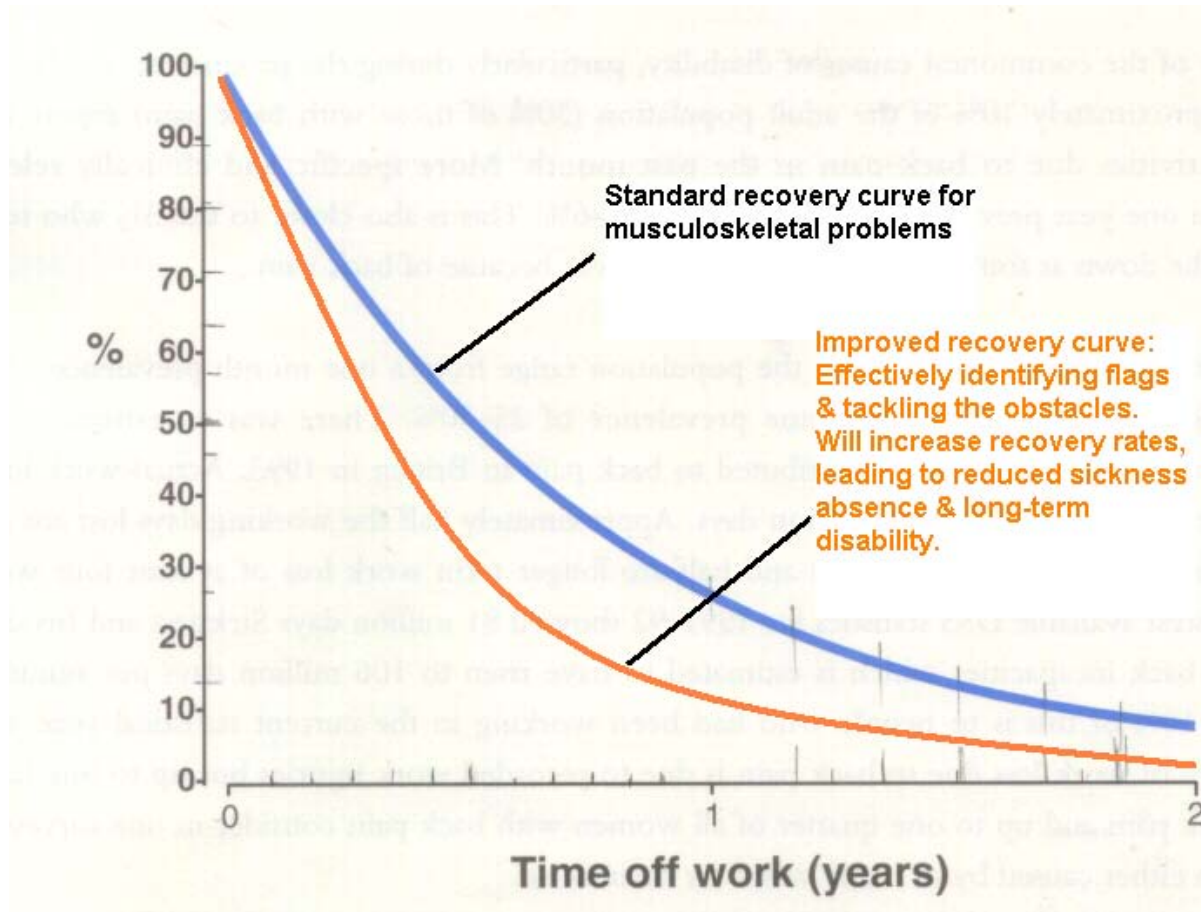
It is vital to identify and manage all obstacles present
quick identification and management = reduced sickness absence

RehabWorks Stepped Approach



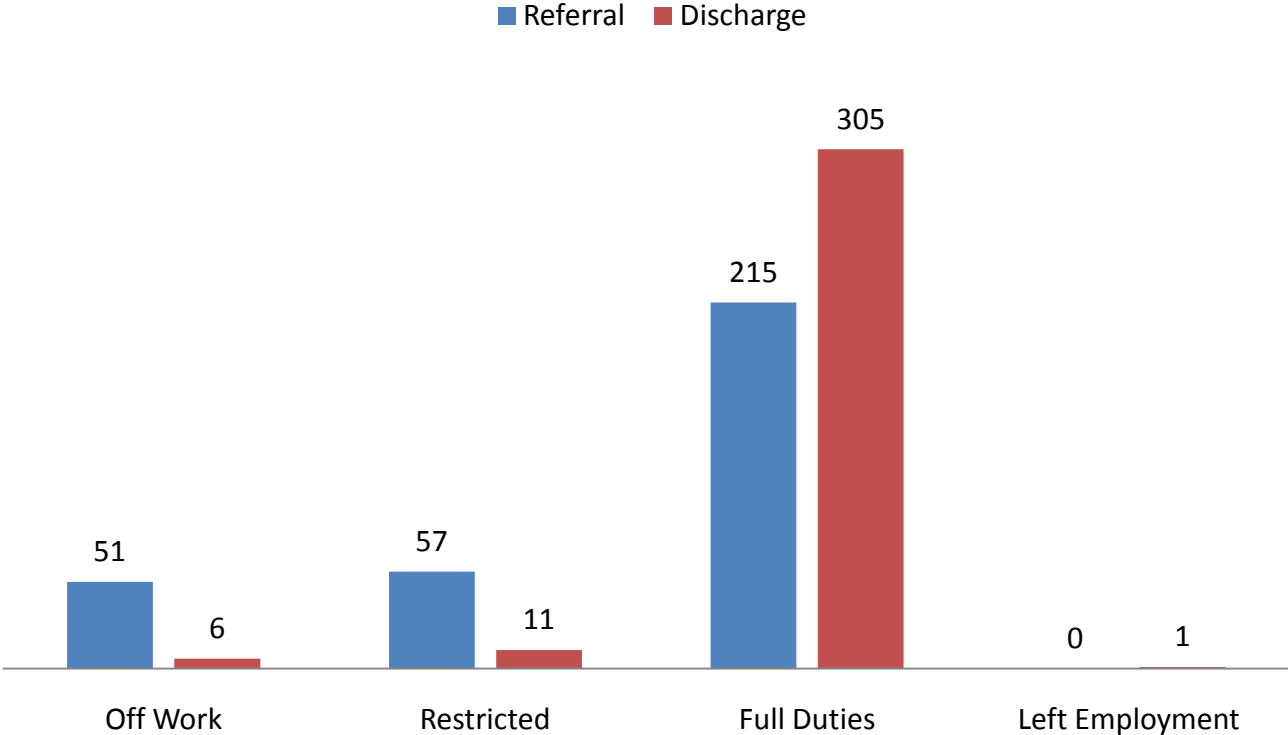
Every step promotes partnership working with all stakeholders

Outcome with right intervention



National Grid Case Study, 1 Year STIPP Pilot

Work Status Pre/Post Intervention



National Grid Case Study, 1 Year STIPP Pilot

- 67% on full duties at beginning of intervention
- 94% on full duties at discharge
- Cost benefit demonstrated significant savings of £3 return for £1 spend
- Service now extended to all areas of business, serving >10,000 employees
- In excess of 80 referrals per month
- Onsite Physiotherapy provision at 3 large NG sites
- Large scale Body Mechanics programme due to start Autumn 2012

MSD Risk Factors



MOT test 1: finger tip to floor test



Outcome	Score
Can reach to the floor	0
Can reach to a distance > 0cm, < 20cm	1
Can reach to a distance > 20cm, < 40cm	2
Can reach to a distance > 40cm	3

MOT test 2: sock test



Outcome	Score
Can easily grab the toes with fingertips of both hands	0
Can hardly grab the toes with fingertips	1
Can reach beyond the ankle bone, but not reach the toes	2
Can hardly, if at all, reach as far as the ankle bone	3

MOT test 3: timed stands how strong are your legs?

- The goal is to complete 10 full stands from a sitting position as fast as possible. You cannot use your arms to assist you.

Age (years)	Women (seconds)	Men (seconds)	Age (years)	Women (seconds)	Men (seconds)
20	10.9	8.8	55	16.8	15.6
25	11.8	9.8	60	17.6	16.6
30	12.6	10.8	65	18.4	17.6
35	13.4	11.7	70	19.3	18.5
40	14.3	12.7	75	20.1	19.5
45	15.1	13.7	80	20.9	20.5
50	15.9	14.7	85	21.8	21.5