

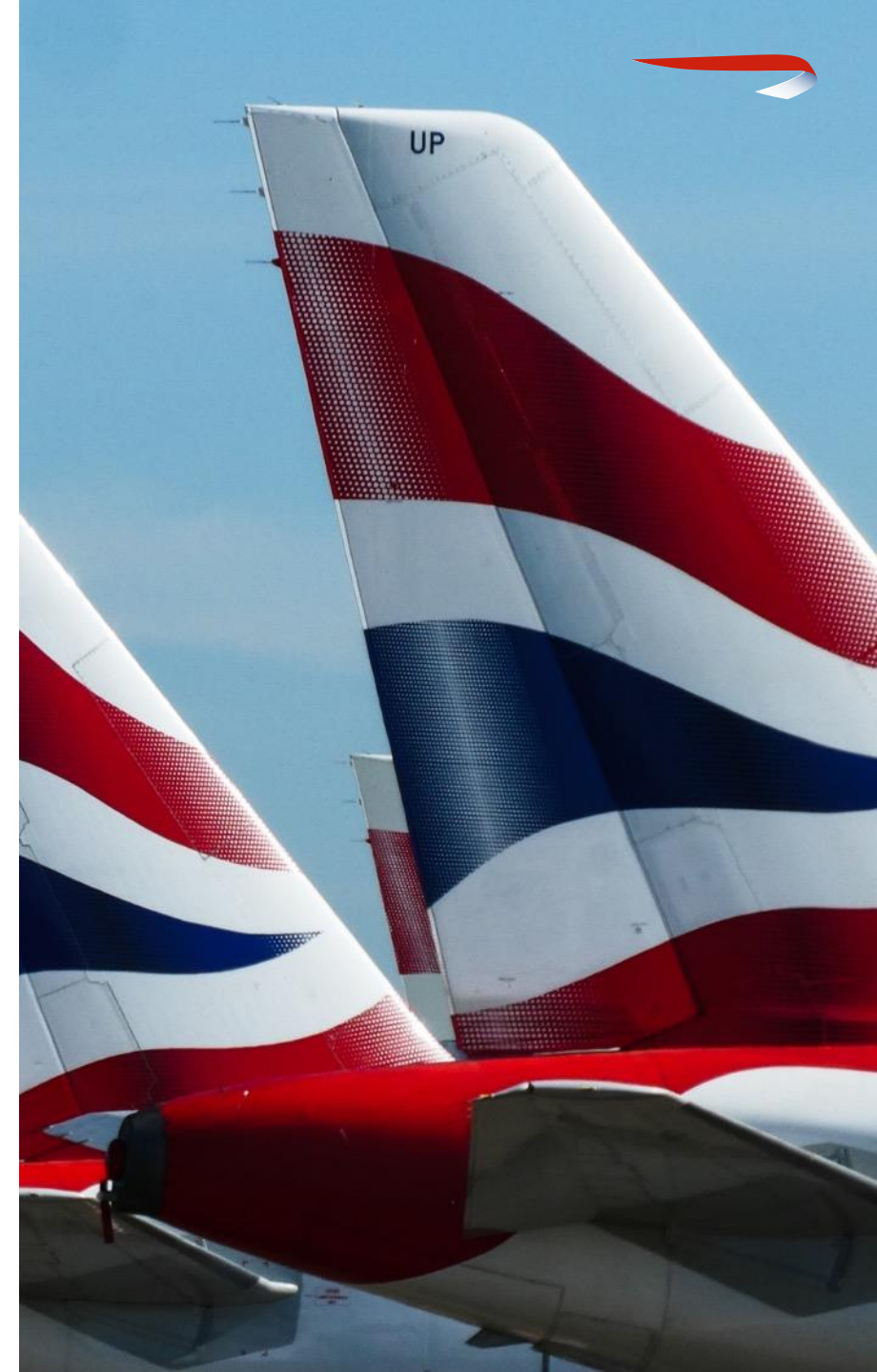
# OCCUPATIONAL HEALTH PHYSIOTHERAPY

- **Combine expert MSK clinical knowledge, understanding of occupational demands and interplay between health and work factors.**
- **Holistic care – addresses both physical and functional recovery to reduce the risk of workplace injuries and sickness absence and facilitates a timely sustained return to work.**

## **British Airways Health Services – in-house and external provision that is person-centred and work-focussed**

- Tailored care - embedded and nuanced to clinical requirement
  - MSK clinic appointment for advice and guidance if attending treatment elsewhere. Role focussed on RTW plan and support.
  - In-house Physiotherapy Assessment and Treatment
  - External Physiotherapy referrals
  - Onsite work focussed rehabilitation classes
  - Case management for protracted recovery and / or other medical issues of concern
- Understand work demands, roles and culture
- Positive colleague and manager relationships – enable pro-active conversations

## **Various MSK initiatives aligned to strategy for targeted and impactful approach – preventative and pro-active**



# Occupational Health

## Physiotherapist – Case Study

- 42yo man, warehouse operative
- Ongoing lower back pain for 6 weeks
- Difficulty with lifting and prolonged standing, absence increasing
- The OH Physio looked at symptoms in the context of job demands
- On-site review of lifting technique, manual handling tasks, workstation layout
- Recommendations included phased return, adjusted duties, posture education

The OH Physiotherapist also referred to a musculoskeletal physiotherapist for treatment



# Occupational Therapists in Occupational Health

## What do OTs do in OH?

- Dual trained
- Focus on function over pathology
- Vocational rehabilitation
- Complex cases



# Occupational Therapy – Case Study

2+ hour assessment  
Standardised physical,  
mental health and  
cognitive assessments  
Vocational rehabilitation  
approach

Priya, a 34-year-old software developer, recently diagnosed with Chronic Fatigue Syndrome (CFS) and Generalised Anxiety Disorder. After months of worsening fatigue, brain fog, and emotional exhaustion, she went off sick. Two attempted phased returns failed due to the severity of symptoms and difficulty managing work demands.

- Flexible hours and rest breaks to manage fatigue
- Task simplification and delegation to reduce cognitive load
- Quiet workspace to support focus and reduce sensory input
- Gradual phased return-to-work (12+ weeks) with regular OT support
- Self-management strategies to balance energy, work, and meaningful activities



1. Improve quality, skills and competency within Occupational Health Physiotherapy and ensure all members have a basic skill set to be able to work within this specialism.
2. Promote the profession within this speciality.
3. Raise the bar.
4. Become more aligned to other Occupational Health Professional memberships and organisations.

**All members have access to resources on Work & Health Learning and Development Hub and Research Café Webinars**

- **Technical Membership** - open to all members who have completed the Occupational Health Essential course modules 1-9.
- **Registered Membership** – open to all members who demonstrate a recognised level of expertise within occupational health.
- **International Membership** - open to qualified physiotherapists working and registered by their governing body in other countries and to CSP members working abroad.
- **Associate Membership** – available to qualified health professionals working in the field of occupational health and ergonomics.
- <https://acpohe.csp.org.uk/content/acpohe-membership>

# Membership and Support

Online and face to face

Occupational  
Rehabilitation

Occupational Health  
Essentials

Vehicle Ergonomics

Manual Handling  
(train the trainer)

Office ergonomics DSE  
(L1&2)

Introduction to applied  
ergonomics

FCP Health and Work  
Fitnote

Assessing Fitness for  
Work

# Occupational therapists – how to get in!

- OTs are the only registered health professionals that can undertake a vocational assessment as soon as qualified
- You will be given OH-specific on-the-job training
- Consider FCE training, OH report writing training, supervision from an OH-OT, FOM Diploma in Occupational Health Practice BUT... (none are prerequisites!)



# Occupational therapists – how to get in!

- RCOT have a new [Communities Platform](#) with free networks for specialisms including **Work and Health**
- [OTforOH](#) is a free networking and peer support group of OTs who specialise in or are interested in OH. Free webinar in October too.
- Network, shadow and meet others who are working in OH. And just start applying for roles!

## SOM resources to note...

Free mentoring service

OT podcast

Previous webinars (OT leaders in OH, FCEs, what do OTs do in OH?)

AHP special interest group