

Client success story



Profile at initial assessment

31 year old male Factory worker

A Multi-Disciplinary Approach to Mechanical Back Pain

Injury: Lower back pain with secondary ill mental health

- ◆ Factory worker who ceased work in March 2020 due to lower back injury
- ◆ Worsening depression & anxiety symptoms due to impact of injury, loss of work routine and purpose, as well as COVID-19 environment and family financial circumstances
- ◆ Fatigue and lethargy coupled with poor sleep quality
- ◆ Poor history of physical activity engagement

The program:

- ◆ Physiotherapy commenced immediately following injury for a 4-week period
- ◆ **Exercise Physiology commenced with graduated transition into functional exercise program in April 2020 – program completed via GuardianConnect Telehealth service due to COVID-19**
- ◆ Exercise equipment purchased and mailed to client's home for home-based rehabilitation completion
- ◆ 6 telehealth reviews completed over an 8-week period
- ◆ Incorporated family engagement into weekly telehealth sessions, including exercising with young daughter and wife while isolated at home
- ◆ Graduated return to work commenced alongside progressive exercise upgrades, enabling normalisation of lower-extremity use with work-specific conditioning
- ◆ Ongoing pain education and reassurance

Key health marker outcomes:

- ◆ Reported return to pain free functioning
- ◆ Sleep quality returned to uninterrupted patterning
- ◆ Reduced psychosocial factors influencing recovery, and reduced Depression and Anxiety Severity scores
- ◆ SF-Orebro Musculoskeletal Pain Screening positive shift into very low risk of long-term injury
- ◆ Positive return to work, and ongoing independent engagement in home-based exercise routine

Key RTW outcomes:

Ceased work	02 March 2020
At program commencement	07 April 2020. Fitness for work, with modified hours and duties (8 hours, 3 days per week)
At program completion	Return to pre-injury work role, and final certificate of capacity received on 10 June 2020

Other reported benefits from the program:

- ◆ Re-engagement in variable movement functional abilities, and increased general strength and endurance to carry out usual daily tasks and work duties in factory
- ◆ Significant improvement in objective sleep quality and psychological wellbeing
- ◆ Post-program improvements in long-term healthy habits and positive exercise adherence
- ◆ Reported feeling **empowered** and **extremely confident** to maintain exercise program **independently**

“ In the current climate, **physical and mental health** is as **important** as ever, so we have greatly expanded our Telehealth services to ensure we can continue to provide support with rehabilitation exercise programs

Further reading:

Dias, J.F et al. (2020). Effectiveness of exercises by telerehabilitation on pain, physical function and quality of life in people with physical disabilities: a systematic review of randomised controlled trials with GRADE recommendations. *British Journal of Sports Medicine*.

Dario, A.B et al. (2017). Effectiveness of telehealth-based interventions in the management of non-specific low back pain: a systematic review with meta-analysis. *The Spine Journal*.



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