

Ergonomics is the
applied science of
matching technology
to the needs
of people



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Gerard is a physiotherapist and ergonomist with over 25 years experience as a practitioner in acute, centre based and community rehabilitation. Gerard has worked in:

- Private and public hospitals and rehabilitation Centres
- Schools sector
- Aged care
- Disability sector
- Private practice



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**PHYSIOTHERAPY
AND ERGONOMICS
CONSULTANCY**

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OUR **PROCESS** OF CARE AND MANAGEMENT

ASSESSMENT

- This is measuring, learning and understanding about the problems you are experiencing
- How you are being affected by these problems
- How you feel about these problems

PHYSIOTHERAPY DIAGNOSIS

Using analysis involving knowledge about body structure; body function, and how you perform activities

PLANNING

Allows you and those you want involved to participate in decision making for your chosen solution.

MANAGEMENT

Treatment program; exercise; support & aids prescription; capacity building

REVIEW and EVALUATION

Making sure that you and other stakeholders in your care are satisfied with the way you are progressing.

THE TYPES OF **CONDITIONS** THAT WILL BENEFIT FROM PHYSIOTHERAPY AND ERGONOMIC MANAGEMENT:

DEVELOPMENTAL CONDITIONS

- Cerebral Palsy
- Spina Bifida
- Muscular dystrophies

ACQUIRED CONDITIONS

- Motor vehicle accident
- Work related accident
- Spinal Injury
- Head Injury
- Stroke
- Neuropathies
- Arthritis

Note: this is not an exhaustive list

THE **SOLUTIONS** THAT YOU MAY BE LOOKING FOR

MOBILITY AIDS PRESCRIPTION

- Walking frames/sticks
- Wheelchairs
- Hoists

WORKSTATION MODIFICATIONS

- Student
- Office

THERAPEUTIC EQUIPMENT PRESCRIPTION

- Transcutaneous Nerve Stimulation

SUPPORTS

- Back supports and other braces
- Upper & lower limb splints

POSTURAL EQUIPMENT

- Seating
- Standing frames

TRAINING

- Mobility retraining
- Movement re-education
- Manual Handling/transferring
- Support for carers

HOME EXERCISE PROGRAMS

- Evidenced based