Job coaching: drop and give me 20?

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The aim of occupational rehabilitation is the successful return of the injured worker to the workplace. It is acknowledged that the longer an injured worker remains off work the chances of a successful outcome become smaller. Providing workplace modifications and removing barriers to return to work are only likely to have moderate success if the worker is not motivated or confident in their ability to return to work. Enter the job coach. The aim of the job coach is to assist the worker with the changes required when returning to work after injury. This may involve exercise for the physical demands of work or preparing mentally for the challenges that returning to work can present. While job coaching in order to return workers with complex mental and physical challenges may require specific training, physiotherapists are ideally placed to begin the job coaching process for any injured worker. This session will describe theoretical approaches for coaching return to work and demonstrate some simple techniques physiotherapists can use to establish the motivation and confidence of their patients for return to work. Working together with the injured worker, physiotherapists can help to develop the motivation required to allow injured workers successfully return to work.