

SUPPORT, STRENGTH AND SPINAL HEALTH

YOUR BODY AT WORK



Understanding Repetitive Strain Injuries (RSIs): What You Need to Know

Repetitive Strain Injuries, or RSIs, are a group of musculoskeletal disorders that affect tendons, muscles, nerves, and joints. These injuries are commonly caused by repetitive movements and overuse—especially in the workplace. One of the most well-known RSIs is **Carpal Tunnel Syndrome**, which affects the upper limbs and is experienced by up to 5% of the population.

The good news? Many RSIs are preventable. With the right ergonomic setup, mindful movement, and early intervention, it's possible to reduce the risk or recurrence of these injuries.

Supporting Recovery and Work Reintegration with Functional Capacity Evaluations (FCEs)

At Therapy in Action, we offer Functional Capacity Evaluations (FCEs) for employers, companies, and insurers. FCEs are especially useful when there's uncertainty about whether an employee's physical, cognitive, or psychosocial abilities align with the demands of their job—particularly after an injury or illness.

Our FCE process includes:

- Comprehensive interviews
- Standardised testing
- Observations (both objective and subjective)
- Practical recommendations for rehabilitation, accommodations, or potential role adjustments

We support clients through every stage of their return-to-work journey. In the acute stage, while healing is still underway, we help facilitate light-duty roles by assessing physical capacity and conducting a job analysis. We also liaise with employers to tailor temporary accommodations.

As recovery progresses, we introduce graded work-hardening activities to prepare clients for a full return to their usual job demands.



The Role of Office Ergonomics

Office ergonomics focuses on designing workspaces and tools to fit the human body, aiming to reduce discomfort and risk of injury while boosting productivity and safety.

Our Ergonomic Evaluations include:

- A brief physical screening and interview
- A detailed workstation and environment assessment
- A personalised report with practical recommendations to improve comfort and reduce strain

Protecting Your Joints — Every Movement Matters

Many people unknowingly put extra stress on their joints, especially during flare-ups from conditions like arthritis. When joints are swollen or inflamed, continued strain can lead to further damage.

That's where joint protection principles come in - simple but powerful changes in how you move and use your body, aimed at reducing pain and preserving joint function.

Our therapists at Therapy in Action are trained to help you apply these principles, so you can continue doing the things you love - safely and comfortably.



Your Spine, Your Foundation

Good spinal health is more than standing tall - it means having postural awareness, full mobility, and muscular strength.

Poor spinal health can result in:

- Chronic pain
- Fatigue
- Reduced energy
- Muscle spasms
- Tingling or numbness in limbs
- Tension headaches

At Therapy in Action, we help you care for your spine through:

- Posture education for sitting, standing, and lifting
- Exercise and stretching programs that strengthen your core and increase flexibility
- Safe lifting techniques to prevent strain and long-term injury

Let Us Help You Take Action

At Therapy in Action, we understand that injuries, strain, and discomfort can have a major impact on your quality of life. Through personalised assessments, hands-on support, and evidence-based practices, we're here to help you restore function and return to work, safely and confidently.

