



Working Wounded?



Did you know ...

- Musculoskeletal disorders (injuries affecting muscles, tendons, ligaments, nerves) account for 40% of all lost-time claims in Ontario workplaces*
- Most workplace injuries are related to overuse and repetitive tasks
- Workplace injuries cost Ontario 3.3 billion dollars per year*

Did you know physiotherapy ...

- Can reduce your pain and recovery time
- Educate you and your employer on workplace hazards
- Advise you on managing your condition independently and avoiding recurrences
- Can help improve your strength, posture, and health
- Train you for a safe and strong return to work, through work hardening and conditioning programs
- Can help evaluate your office/work ergonomics to create the best environment to suit your body and the work you carry out



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*Taking a step toward
optimal mobility, function and health*