

Musculoskeletal Assessment

Musculoskeletal Assessments involve assessing whether a person has “full range of movement” and recording what previous injuries they may have sustained. At a Pre-Employment Medical Assessment we will be reporting any current limitations in movement, any reasonable accommodation that may be required and any previous injuries that may impact on a person’s ability to complete tasks required.

For Annual Monitoring, it is an opportunity to check employees are not having any on-going issues that may be impacting on their ability to complete their job role tasks. It is also an opportunity to provide ergonomic education for DPI (Discomfort, Pain, Injury) prevention and management of DPI issues.

Aim:

- Prevent harm from manual and repetitive activities
- Ensure employees are injury free for the work they undertake
- Provide education regarding the risks around repetitive work and manual handling activities
- To document any current injury, limitations or disability
- Identify reasonable accommodation that may be required

Process: Time required: 15 minutes per person

- Record previous injuries
- Assess current range of movement through a variety of stretching exercises (most exercises are based on medical tests to identify certain injuries i.e. rotator cuff, tennis elbow, carpal tunnel etc)
- Balance and spacial awareness are also tested (especially important when people are working from heights)
- Provide education
- Refer employee, as required, for further assessment
- Report back to employer issues that have been identified

*Please note this assessment is not a fitness or competency assessment, its purpose is to determine if there are any issues that would put their safety or the safety of others at risk.

Please contact OK Health Services if you require further information about this assessment