



It's a WRAP—Actevate delivers on health services

If a worker sustains a soft tissue injury, early intervention and management can help prevent the onset of long term disability, if applied during the first 12 weeks after the injury is sustained, according to WorkCover NSW.

Actevate provides a comprehensive range of workplace health services developed to meet the requirements of OH&S responsibilities. Known as WRAPs, or work-related activity programs, they are an exercise and cognitive based activity program designed to increase an injured employee's ability to achieve and sustain a goal of returning to work.

“Actevate's services are modeled on evidence-based research and the WorkCover Guidelines for the Management of Soft Tissue Injuries,” Actevate's health services manager, Mr. Daniel Willoughby said.

The services, when applied, provide cost and time effective health promotion and injury management and prevention tools, according to Mr. Daniel Willoughby. A WRAP provided by Actevate can provide ongoing benefits following the completion of acute injury treatments.

Actevate's programs are proven through research which supports that early return to normal activity is the best treatment for soft tissue injuries; early intervention allows a focus on management of an injury from all parties; and emphasis on using active coping strategies for injury, for example: pause stretches, task rotation reduces the risk of withdrawal and fear avoidance behavior.

Actevate's specialist consultants provide a range of pre-emptive and re-injury prevention services at industry leading rates.

**For more information contact Daniel on daniel@actevate.com.au
or call 1300 669 552**