

Safe, goal-driven rehabilitation that translates to real workplace outcomes.

WHY KH?

- ✓ Evidence-based clinical expertise
- ✓ Worker-centred, goal-driven programs
- ✓ Strong RTW outcomes
- ✓ Clear communication with employers, insurers, and practitioners



Partner with KH to support confident, safe, and measurable return to work outcomes.

OUR SERVICES

Our structured programs deliver measurable results:



Comprehensive functional assessments



Individualised, goal-oriented rehabilitation



Strength, mobility, and capacity building



Structured Return-to-Work planning

Our Focus: Programs are tailored to the worker's role, ensuring recovery translates directly into workplace performance.

***Restore function.
Rebuild capacity.
Return with confidence.***

WHAT WE TREAT

We manage a wide range of work-related conditions, including:



**Acute
injuries**



**Pre- and post-surgical
rehabilitation**



**Persistent or
complex cases**



**Delayed return
to work**

THE CHALLENGE

Workplace injuries can **delay recovery**, **impact productivity**, and **increase claim costs**.

Common issues include:

- ➔ *Prolonged absence from work*
- ➔ *Reduced functional capacity*
- ➔ *Unclear recovery pathways*

OUR APPROACH

Knight Health combines **evidence-based Exercise Physiology** with a **results-driven focus** to help workers recover safely and efficiently.

RETURN TO WORK FOCUS

All interventions are designed to align with job demands:

- ✓ Safe progression back to duties
- ✓ Tailored rehabilitation, and collaborative planning
- ✓ Build physical capacity to meet functional job demands

Our Goal: *Faster, sustainable, and safe return to work.*

REPORTING AND COMMUNICATION

Clear, timely, and actionable reporting keeps all stakeholders aligned:

- ✓ Functional progress and current capacity
- ✓ Barriers to recovery or RTW
- ✓ Evidence-based, practical recommendations

Benefit: *Supports informed decision-making and smooth claim progression.*

Get in touch with our team today:

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