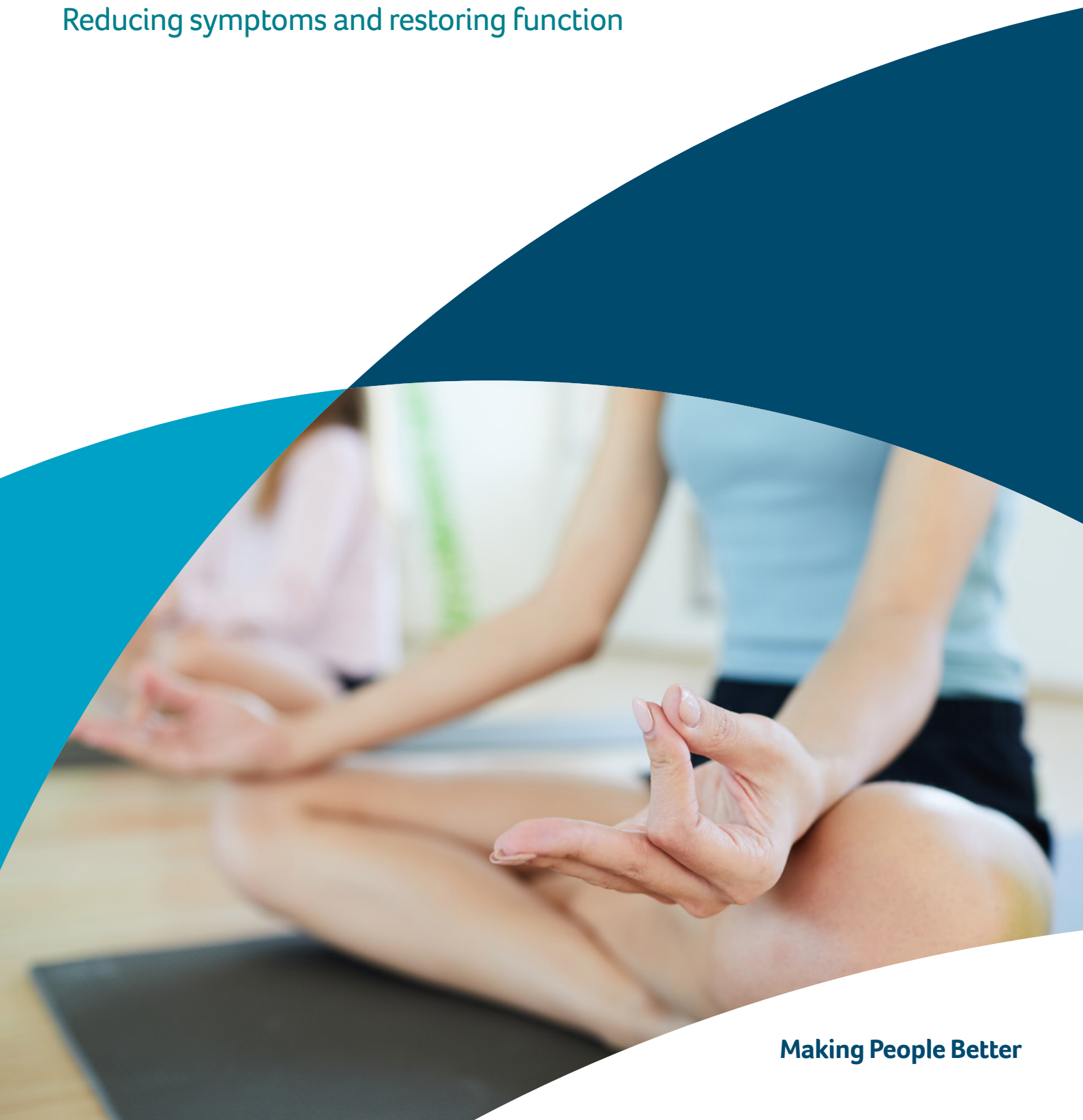


# MSK Services

Reducing symptoms and restoring function



Our evidence-based stepped-care approach for common musculoskeletal (MSK) conditions optimises return to work and makes a real difference to people's lives by reducing symptoms and restoring function.

Our goal, as ever, is to help our patients lead happier, healthier lives. With different options available we ensure the **most effective and cost-efficient treatment is accessible to our clients and their employees.**

The aim is to reduce organisations costs associated with MSK sickness absence, by assisting employees back to work, as quickly and safely as possible, but also taking into consideration a long-term support plan.



#### Physiotherapy

Vita Health Group provides National Coverage for Physiotherapy Treatment via a network of over 850 quality assured clinics. The clinics are audited against their facilities and use of evidence-based practice.



#### Occupational Focused Physiotherapy

Our Onsite Service aims to reduce your organisation's associated costs of MSK sickness absence, through an Occupational Physiotherapy Service delivered straight to your organisations work location.



#### Vehicle Assessments

Driving position can be a risk factor in the development of musculoskeletal disorders, and as remote working increases, it is important that this is not overlooked.



#### Functional Restoration Programme - Longer Term Chronic Conditions/Absence

Our Functional Restoration Programmes (FRP) are for those individuals who experience persistent or chronic musculoskeletal conditions, such as lower back pain.



#### Display Screen Equipment (DSE)/Work Station Assessments

Vita Health Group can complete an in-depth, one-to-one DSE assessment for employees where it is felt that their workstation is contributing to their condition.



#### Ergonomic Consultancy

Identifying problems before they occur is not only a moral obligation but can also result in significant financial savings.

## Want to know more?

We have a team of specialists ready to discuss your requirements and provide a solution that suits your wellbeing strategy.

Scan the QR code to self-refer, it's free and confidential.



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