



# BACK in MOTION

OR1 (Coquitlam, Richmond, Surrey, Vancouver) | Apr-Jun 2020

## How Did We Do?

In quarter 2, 68 Clients completed the OR1 Program.

## Who Did We Serve?

- The average age of OR1 Clients was 44, ranging from 20 to 72 years old
- The most common industries were Trades/Construction/Transportation (51.4%) followed by Health Services (16.7%) and Sales & Service (15.3%).
- The 68 OR1 Clients served had the following types of injuries
  - 79.1% had sprains/strains/tears
  - 5.9% had dislocations and fractures
  - 5.9% had bruises/contusions
- OR1 Clients participated in an average of 20 clinic days
- 87.9% of OR1 Clients had a job to return to

## How Did We Help?

- 11.8% of OR1 Clients participated in Job Site Visits
- 89.7% of Clients were fit to return to work upon program completion

## Changing Times!

April through June marked unprecedented times in the program faced with the global pandemic. Clients continued their program through a Telehealth model.

Thank you to all our Clients for your continued dedication to progress forward!

## Tips for Success

### 1. Set vocational goals

### 2. Be here, on time, every day

*Just a reminder that the WSBC policy requires regular attendance*

### 3. Get involved

*This is your program and we are here to help you any way we can.*

### 4. Don't shoot the messenger

*We commit ourselves to "putting all the cards on the table" and explaining your situation to you as clearly as possible. Sometimes this is good news, sometimes it isn't, but we will work to assist you in getting the most out of what is available to you.*

### 5. Follow your exercise program

*If you would like to make adjustments to your program, please discuss this with the physiotherapist. Take breaks when they are scheduled.*

Helping  
people  
work.

Helping  
people  
live.