

Ridgeline Exercise Physiology

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Exercise physiology progress report

WorkCover WA service EPE03			
Worker: Casey Example · Assessment period: 12 March to 9 April 2026			
Name	Casey Example	Diagnoses	Lumbar strain (lifting injury)
Date of birth	11 May 1988	Claim number	WC-000000
Insurer	Example Insurance, claims officer Pat Example	Referrer	Dr A Example, Sampleton Medical Centre
Employer	Example Logistics Pty Ltd	Date of injury	4 February 2026
Occupation	Warehouse storeperson		

1. Background

First exercise physiology consultation 12 March 2026; four weekly sessions since, and this report is at week four of the eight-week program. Casey came in five weeks after a lifting injury, guarding with bending and avoiding lifting at home as well as at work. Physiotherapy finished in March. No earlier back injury.

Physiological status:

Low back pain three out of ten with repeated lifting, none at rest. Lumbar flexion to the ankle with no pain at end of range. Lifting technique holds for sets of eight at the current load and breaks down under fatigue at heavier loads.

Functional capacity:

Lifts 16 kg floor to waist with good technique. Stands for 45 minutes before needing to move. Sits for an hour.

Attendance: Attended 4 of 4 sessions

Program compliance: Home program completed on most days; lifting technique maintained at work

2. Work status

Worker status: Working, partial capacity

Current hours and duties:

Six hours a day on modified duties with lifting to 15 kg from week four, against eight hours and lifting cartons to 20 kg before the injury.

Current medical certificate

Certificate date	Restrictions	Next review
7 Apr 2026	No lifting over 15 kg, no repetitive bending, 6 hours a day	5 May 2026

3. Functional limitations

Activity	Current tolerance
Sitting	60 minutes
Standing/walking	45 minutes standing
Lifting	Cartons to 15 kg on modified duties
Bending	Occasional bending; avoids repeated bending
Driving	60 minutes

4. Proposed outcome status

Return to work goal: Same employer, same duties

5. Standardised outcome measures

Outcome measure	Initial score (12/3/2026)	Current score / comments (9/4/2026)
Floor-to-waist lift capacity	12 kg	16 kg
Trunk extensor endurance hold	35 s	55 s
Sustained standing tolerance	15 min	45 min

Psychosocial screening tool

Tool	Score	Date
Orebro short form	48	12 Mar 2026
Orebro short form	31	9 Apr 2026

6. Functional measures

Functional measure	Initial score	Current score / comments
Range of motion	Lumbar flexion to mid-shin	Lumbar flexion to the ankle
Lifting capacity, waist to shoulder	8 kg	12 kg

7. Treatment plan and injured worker consent

Continue as planned: four more weekly sessions of graded lifting practice, trunk endurance and conditioning, with the daily home program. Lifting load progresses from 16 kg towards 20 kg, and hours from six to eight a day in liaison with the employer. Discharge is planned for 8 May 2026.

Progress against the rehabilitation plan:

On track at week four of eight: lifting has progressed from 12 kg to 16 kg and the endurance hold from 35 to 55 seconds, as planned. Hours increased from four to six a day from week four.

Self-management and client action plan:

The home program three times a week, the warm-up routine before each shift, and a stretch and walk break at the halfway point of a long drive.

The worker provided verbal and written consent for this assessment and for this report to be shared with the insurer and treating medical practitioner.

8. Treatment request

Costs: see Treatment Management Plan (EPE10).

9. Planned discharge date

Planned discharge date
8 May 2026

10. Clinical justification for treatment plan

Four more weekly sessions are needed to progress lifting from 16 kg to the 20 kg the role asks for and to stage the return to eight hours, because technique still breaks down under fatigue at 18 kg. Discharge is planned at week eight with the home program in place.

11. Identified barriers to return to work

A flare-up after a long drive in week three, settled within two days with the pacing plan. Technique fatigues at 18 kg; addressed with graded sets and the

warm-up routine before a shift.

Psychosocial barriers:

Early worry that lifting would re-injure the back has eased with graded exposure; no workplace concerns reported.

12. Actions

Action	Person responsible	Review date
Confirm the increase to eight hours with the supervisor	Casey Example and supervisor	24 Apr 2026
Review the home program and warm-up routine	Exercise physiologist	8 May 2026

13. Education provided

Why graded loading is safe, pacing for flare-ups, and the warm-up routine before a shift.

Please do not hesitate to contact me for any further information or to discuss the exercise physiology management plan for Casey.

14. Sign-off

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	Date	18 October 2026