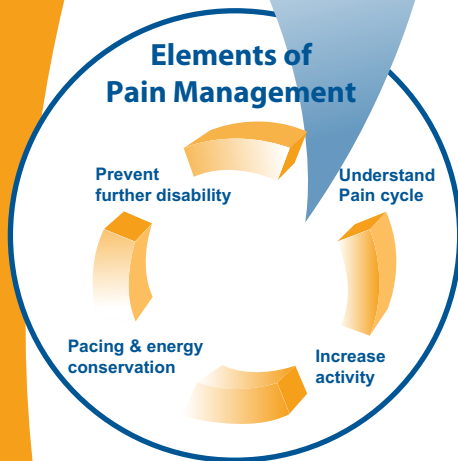


Pain Management

Chronic pain is debilitating and can interfere with work and everyday living.

ERGO-Wise integrates the physical, psychological, and social aspects of pain through goal-oriented activity mobilization.

Elements of Pain Management



Workshops

Increase your knowledge through professional development workshops, information sessions, or lunch 'n learns.

Sample Topics:

- How to Meet Your Duty to Accommodate
- Helping You Design Your Office the Ergonomic Way!
- How to Address Mental Health Issues in the Workplace

Our Team

ERGO-Wise works with you to help your clients.

Our team provides a link between healthcare and the workplace.

We work closely with case managers, rehabilitation specialists, HR, doctors, and other health professionals.



Adeena Wisenthal

Owner-Operator

B.Sc. (OT), M.Ed. (Counselling)

- Registered Occupational Therapist
- Certified Counsellor
- Registered Rehabilitation Professional

Our Mission

- To prepare disability claimants for successful return to work.
- To empower clients to improve their functioning in their personal and work lives.
- To assist employers to promote wellness and to accommodate workers with disabilities.

ERGO-Wise

Need help with return-to work preparation?

Want to improve work productivity and reduce disability costs?

Need to accommodate an employee with a disability?

Workstation contributing to pain and discomfort?

Mental health issues in your workplace rising?

ERGO-Wise can help!



Don't gamble with your return-to-work ... let ERGO-Wise prepare you for the transition

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supporting people... improving function

ERGO-Wise is a leading provider of innovative occupational therapy and related services for the workplace. We specialize in workplace mental health and return-to-work preparation.

From accommodating an employee with a disability to improving workplace wellness, we empower people to maximize their abilities and functioning.



Ergonomics

Back pain?
Eyestrain?
Numbness?
Tingling?

These may all be signs of poor office ergonomics.

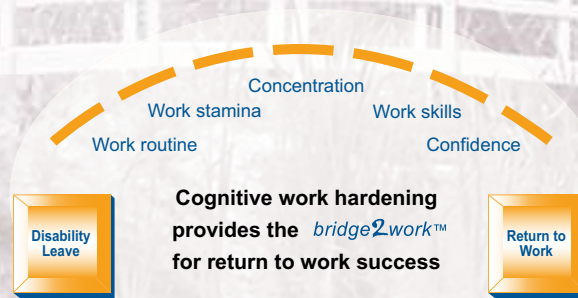
Get relief from your discomfort through our ergonomic assessments!

Cognitive Work Hardening

Get the preparation you need for returning to work through our *bridge2work*[™] program.

Many clients have already successfully returned to work through this program...you can, too!

Working with a registered Occupational Therapist, clients practice and develop work skills in a non-threatening simulated work environment.



Successful return to work is crucial for the worker while reducing disability costs and improving the bottom line.

"My client improved more in the 4-week work hardening program at ERGO-Wise than in the whole two years that she was on disability."

-Rehabilitation Specialist, LTD Carrier

Counselling

- Learn specific skills to better deal with work stress
- Develop coping strategies for personal life and work
- Improve your communication effectiveness
- Benefit from assertiveness training, time management, conflict management
- Explore job search techniques

Duty to Accommodate

Whether you are an employee with a disability and need accommodation or you are an employer and need assistance to meet your duty to accommodate, ERGO-Wise can help.

We guide and support you through the accommodation process whether for a physical disability, mental health related disability, or even environmental sensitivities.

"I refer complex work situations that need analysis and usually involve some type of accommodation. Adeena approaches each case with great insight and sensitivity."

- Manager, National organization promoting accommodation for people with disabilities

Vocational Services

Explore vocational options at various stages of vocational readiness through:

- Vocational testing
- Pre-vocational work program
- Community placement program

Physical Reconditioning

Complement the return-to-work process through physical reconditioning.

Individualized exercise programs are designed to restore a client's strength, endurance, function, movement and flexibility and ultimately improve productivity and employability.