



**merendi**  
HEALTH • REHAB • WELLNESS

[merendi.com.au](http://merendi.com.au)

**helping you  
get back on track,  
when it matters most.**

### Occupational Rehabilitation Services

We provide effective and result focused occupational rehabilitation services ensuring your business gets the required outcomes needed to return your injured employees to work faster and safely.

#### These services include:

- Worksite Visits
- Functional Capacity Evaluations
- Return to Work Plans - developing and monitoring
- Rehabilitation Coordination Case Management
- Injury Rehabilitation Programs

#### We provide professional advice on how to:

- Decrease number of lost time injuries (LTIs) and sick days
- Ensure safe and effective return to work programs
- Ensure employees return to their normal duties earlier
- Improve staff morale

### Early Intervention Services

Our team are available to provide expert advice and conduct assessments to ensure your employees are at lesser risk of developing or re-aggravating a workplace injury.

We offer a range of preventative services aimed at decreasing the number of sick days and workers compensation claims within your business.

#### These services include:

- Manual Handling & Injury Prevention Training
- Pre-employment Assessments
- Ergonomic Workstation Assessments
- Worksite Assessments
- Injury Management Education

#### We provide professional advice on how to:

- Minimize risk of accidents and injuries in the workplace
- Decrease number of sick days, lost time injuries (LTIs) and workers compensation claims
- Improve staff productivity
- Ensure safe work patterns

**At the completion of all assessments we provide your management team with a comprehensive report confirming our findings and recommendations to improve the problem areas identified.**

For more information or to book a consultation please contact us:



**1300 881 536**



**info@merendi.com.au**

## Exercise Physiology Services

Our tertiary qualified Exercise Physiologists are all accredited with Exercise and Sport Science Australia (ESSA).

Our Accredited Exercise Physiologists (AEPs) provide advice and exercise rehabilitation strategies to assist you in managing your injuries, chronic diseases and other health conditions. They prescribe individualised exercise programs specific to your physical and functional needs.

### These services and programs include:

- 1-on-1 consultations
- Type 2 Diabetes Group Intervention (HEAL)
- Chronic Disease Management
- Injury Rehabilitation

### We can provide advice, guidance and management for various Medical Conditions including:

- **Cardiopulmonary**  
Hypertension (HT), coronary artery disease (CAD), peripheral vascular disease (PVD), myocardial infarction (MI), chronic heart failure (CHF), asthma, COPD, cystic fibrosis (CF)
- **Metabolic**  
Obesity, dyslipidaemias, impaired glucose tolerance (IGT), diabetes mellitus (DM), metabolic syndrome
- **Musculoskeletal**  
Arthritis (osteoarthritis, rheumatoid), osteoporosis (OP), sub-acute and chronic injuries, specific and non-specific musculoskeletal pain such as Fibromyalgia
- **Neurological / Neuromuscular**  
Stroke (CVA), spinal cord injury (SCI), acquired brain injury (ABI), Parkinson's Disease, Multiple Sclerosis (MS), Cerebral Palsy, Autism
- **Other**  
Cancers, Depression, Chronic Fatigue Syndrome, Polycystic Ovary Syndrome

## Injury Rehabilitation Services

We provide effective and result-focused injury rehabilitation services that prepare people physically and functionally; enabling them to return to work, assist them in commencing a physically demanding job or to successfully gain vocational employment.

As the employer and/or insurer, we ensure you get the required outcomes needed to return your injured employees to work faster and safely.

We also prescribe functional based exercise programs for people struggling in their current job or whom require improvement in functional tolerances to complete their daily work tasks safely and efficiently.

### These services include:

- Initial Rehabilitation Needs Assessments
- Physical Conditioning Assessments
- Physical Conditioning Consultations
- Work Conditioning Programs
- Pain Management Programs
- Manual Handling and Injury Prevention Education

### We provide professional advice and support with:

- Prevention and minimisation of re-injury
- Managing injuries and associated pain
- Improving functional tolerances and fitness levels
- Ensuring safe and effective return to work
- Ensuring employees return to their normal duties earlier
- Developing self-management rehabilitation

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