

# Work Activities

## WORK BETTER!



Honsberger Physio+ is all about helping you work better! Our injury prevention services offer centralized workplace healthcare solutions that make it easy to recognize, prioritize and prevent employee injury. Whether you spend your day at the computer, sitting at a desk, standing or lifting, we can work with you to design a program that will help you avoid or recover from work injuries.

Our resources on this website are for informational purposes only. Please do not diagnose, self treat, or attempt any exercises from the content on this site without contacting your practitioner at Honsberger Physio+, your physician or a qualified specialist first.

### **At Honsberger Physio+ we offer:**

- + Ergonomic Assessments
- + Physical Demands Analysis
- + Independent Medical Examinations
- + Employee Injury Prevention
- + On-site Therapy
- + Functional Ability Evaluations and Concussion Recovery
- + Vestibular Rehabilitation
- + WSIB Claims and Insurance Coverage

**to help your Work Better!**

### **Articles**

[General Ergonomic Principles and Risk Factors](#)

[Healthy Computer Habits](#)

[Tips for Manual Handling and Lifting](#)

[Tips for Comfortable Driving](#)

[Tips for Hand Tool Selection](#)