

7. What if you have not registered a claim with the WCB?

If the injury was work related, call the WCB at one of the following numbers:

Halifax

1-800-870-3331 toll free
902-491-8999 local

Sydney

1-800-880-0003 toll free
902-563-2444 local

When your claim has been registered, you will be given a claim number, which you can give to your physiotherapist.

Keep these numbers close at hand so you can call if you have any questions about your claim.

8. What if you exceed the expected disability duration for your injury and do not meet the functional goals as you and your physiotherapist planned?

If you have not functionally recovered within the expected and approved time frame, the physiotherapist will submit a report with recommendations to you, the WCB, and your employer, physiotherapist and other health care providers, as appropriate. The WCB will work with you to confirm a future treatment and return-to-work plan.

9. While receiving physiotherapy treatment, how often should you go to your doctor?

Go to your doctor if:

- Your condition changes significantly;
- Your physiotherapist recommends that you do;
- Your doctor asks to see you, when you notify him or her that you are returning to work.

Your physiotherapist and you

Your physiotherapist has discussed with you the information in this brochure and helped you to understand the reasons for treatment. Your physiotherapist will sign the brochure to indicate that he or she has explained how your treatments will proceed.

You are asked to indicate with your signature that you understand what is going to happen and what is expected of you. The brochure is yours to keep for future reference.



To be signed by the physiotherapist:

I have explained your physiotherapy treatments and recovery process, and discussed plans for your return to work when you are able to safely do so.

Physiotherapist Name (print)

Physiotherapist Signature

Physiotherapist Phone Number Date

Use this space to insert clinic name or stamp.

To be signed by the worker:

I understand the information explained to me by my physiotherapist and what is expected of me.

Worker Name (print)

Worker Signature

Date



Working together to help you achieve safe and timely return to work.

You have been referred to a physiotherapist to help you:

- Identify your current abilities in relation to your work;
- Return to work as soon as you can safely do so;
- Recover from your workplace injury;
- Prevent a similar injury from happening again.

During your first visit, your physiotherapist will:

- Ask you questions about where you work and the type of work you do;
- Assess your physical/functional ability to help your employer identify suitable work;
- Assess your injury and, if necessary, start treatments to help with your recovery;
- Explain what you can expect to happen during your treatments;
- Explain your role in your recovery;
- Help you plan how and when you will be able to return to work.



1. Why is your physiotherapist asking questions about your work or other aspects of your life?

Your physiotherapist must know the kinds of activities that you do in your work, the way your workplace is set up and how your injury may be affecting your daily activity so that he or she can:

- Understand how your injury affects your ability to do your work and other activities;
- Evaluate the impact of your injury on your daily activities to assist in developing an appropriate plan for you;
- Contact your employer to discuss suitable work if you are unable to perform your regular work;
- Advise about when and how you can safely return to work performing duties that match your physical/functional abilities;
- Advise you about how to prevent a similar injury from occurring again.

2. How will your physiotherapist assess your injury?

Your physiotherapist will ask you questions about how your injury occurred and the limitations the injury is causing. He or she will examine the injured part of your body. If physiotherapy treatments are required, your physiotherapist will begin immediately to develop an appropriate treatment plan.

3. What might your physiotherapy treatments include?

Your treatments might include:

- Exercise — Specific exercises to increase mobility and strength may be appropriate. Doing the exercises recommended by your physiotherapist is very important to your recovery.
- Control of inflammation — Ice, ultrasound or laser may be required to reduce inflammation. Also, your physiotherapist may suggest you consult your health care provider or pharmacist for information about medications you are using.

- Control of pain — Ice, heat, mild electrical stimulation, stretching, or education may be prescribed.
- Manual therapy — A “hands on” approach may help to improve movement and mobility.
- Education — Safe movements to help prevent similar or future injury may be taught.
- Evaluation — A comparison of your current physical/functional ability to your job requirements may be undertaken.

Your physiotherapist will explain how many treatments you are likely to need and how often you should visit the clinic. You and your physiotherapist will discuss a target date when you will be able to safely return to work either at transitional duties or your pre-injury job.

4. What are your responsibilities during recovery?

Much of your recovery is up to you. Your physiotherapist will show you how to do the exercises that will help you to regain your strength and flexibility. Learning how to do the exercises correctly and then doing them at home as recommended by your physiotherapist are important factors in recovery.

Remain as active as you can during your recovery. That will help to speed your recovery and get you back to your regular job as soon as possible. Your physiotherapist will provide guidance regarding the types of activities that are beneficial.

Keep in touch with your employer and be willing to do tasks that your physiotherapist, other health care providers and your employer agree you are able to do safely. The physiotherapist and your WCB case worker will contact your employer to see if there is suitable work, if you cannot return to your regular job.

5. When will you be able to return to work?

Your physiotherapist and case worker will discuss with you when you might be able to return to work. The decision will be based on the physical abilities evaluation provided by your physiotherapist.

Here are some possible outcomes:

- You return to your regular job as soon as you are able to do so safely;
- You return to your job with temporary modifications in your hours of work, the tasks you do and/or the way you do your tasks, for a defined period of time.

Your case worker and/or physiotherapist will discuss options with your employer regarding the need for, or availability of, temporary transitional work.

Your physiotherapist may recommend that you return to work before you feel you are fully recovered. This is normal. The type of activities that you do at work may contribute to a faster recovery. If necessary, you will continue your physiotherapy treatments for a brief period after you return to work.

6. Who pays for your physiotherapy treatments?

If you have reported your injury to your employer and the WCB, you will have a claim number. If the WCB accepts your claim, the WCB will pay your physiotherapist directly for your initial assessment and treatment. You do not have to pay any additional costs for follow-up visits if physiotherapy has been approved by the WCB. If your claim is not accepted, you are fully responsible for the cost of your physiotherapy care.

You are responsible to pay for any missed appointments. These are not covered by the WCB.