

# DIRECT REFERRAL TO PHYSIOTHERAPY

Providing early access to physiotherapy after a workplace injury helps workers remain at work and recover more quickly. Research shows that remaining at work is best for physical and mental wellbeing.

Sprains and strains are among the most common workplace injuries. Physiotherapists can assess and treat these injuries, make recommendations on how to manage symptoms, and identify safe workplace duties and necessary modifications.

The Direct Referral to Physiotherapy Program provides employers access to a list of approved physiotherapy service providers. Workers can access physiotherapy within 48 hours of experiencing a sprain or strain!

## Benefits:

1. No waiting period: treatment can start before a decision is made on a claim.
2. Skilled and experienced workers can remain at work.
3. Productivity loss is kept to a minimum.
4. Reduces the cost of finding and training new workers.
5. Reduces potential claims cost, which can reduce assessment rate.
6. If the claim is accepted, all fees for the program are paid within the claim. If the claim is not accepted, there is no cost to employer or worker.



## WorkSafeNB's Physiotherapy Consultants

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# DIRECT REFERRAL PROCESS



1

Injury occurs at work, interrupting the worker's ability to perform their job duties.



2

Worker submits the *Application for Workers' Compensation Benefits* and employer submits the *Employer Report of Injury or Illness* to WorkSafeNB.



3

If it is a soft-tissue injury, explain the program to the worker. If they agree to participate, complete the *Direct Referral to Physiotherapy for Soft-Tissue*

*Injuries (STIs)* referral form. Include worker's regular job duties and modified options.

See list of approved clinics (provided when approved for program).



4

Employer sends the referral to an approved physiotherapy clinic and confirms appointment.

Physiotherapy clinic will see worker within 48 hours of receiving the referral.



5

Physiotherapist assesses worker's injury and functional abilities.



6

Assessment is sent to WorkSafeNB and family doctor on same or next day.

WorkSafeNB will use the assessment as medical evidence to start claim process.



7

Physiotherapist provides return-to-work recommendations and function abilities assessment to the employer, family doctor and WorkSafeNB.

Re-assessment will occur every two weeks until the claim decision is made. Employer will receive updated information with each assessment. Physiotherapists are encouraged to discuss recommendations and regularly communicate with the employer.