

WCB INJURIES

www.gotophysio.com

There are a number of different injuries that may arise as the result of an accident at the workplace.

The most common work injuries occur as a result of slips, falls, heavy lifting, poor body mechanics and repetitive stress on tissues. This can lead to sprains and strains, bruises, cuts, fractures and burns. Common injuries treated include tendonitis, bursitis and lower back strains.



From health care workers getting bad backs to factory workers have shoulder & neck problems, physiotherapists can help to treat your work related injury

Physiotherapists have programs that provide injury rehabilitation, work site assessments, and ergonomic advice. We focus on an active approach to restoring function, improving overall fitness and return to work. We can help with:

- Pain Relief
- Coordinating Your Return to Work
- Strengthening & Stretching
- Education regarding work ergonomics and home management

WCB CLAIM PROCESS

How do you start physiotherapy?

- 1) Report injury to your **employer**.
- 2) Meet your **family doctor** and tell them your injury is work related. Ask them about physiotherapy. Your doctor should write you a prescription referral for physiotherapy treatment.
- 3) Contact WorkSafeBC and fill out the required forms. Make sure you get a **claim number**.
- 4) **Call WorkSafeBC** to check the status of the claim at (604) 231-8888 or check online at www.worksafebc.com

If your claim is accepted, WorkSafeBC will pay for your physiotherapy treatments to help you recover from your work injury. Standard treatment allows for pre-approved physiotherapy for up to 8 weeks.



- 5) **Meet your Physiotherapist**. For your first physiotherapy appointment, bring your Doctor's name and referral, WCB claim number, adjustor's name, and BC Care Card

TREATMENT

On your first visit, your physiotherapist will assess your work injury, areas and intensity of pain, aggravating factors, and your range in motion. Your physiotherapist will develop a customized treatment plan to help relieve your pain and help you regain your function for a safe and timely return to work.

Our work injury programs involve advanced physiotherapy techniques coupled with an active exercise program lead by our onsite kinesiologist. Our physiotherapist and kinesiologist work closely together to develop a program tailored to you and your specific treatment area.

Your exercise program may include cardiovascular exercise using a treadmill or exercise bike, range of motion exercises using active and passive movement techniques, muscular strength and endurance using free weights or the vertical pulley, core strengthening using the exercise ball and stability using balance equipment. Some of our facilities have access to a swimming pool for aquatic therapy. Ask your physiotherapist whether aquatic therapy is suitable for you.