

WELCOME TO THE WORK RECOVERY PROGRAM

The Work Recovery Program provides quality client-centred occupational rehabilitation to address the client's physical, functional, psychosocial and medical needs to facilitate a safe and effective return to the workplace. The Work Recovery Program uses a team approach to deliver services.

WORK-SPECIFIC REHABILITATION TEAMS

Sedentary/Light Teams and Medium/Heavy Teams

Provide treatment for the injury to promote recovery that helps clients meet sedentary and light job demands (clerk, cashier, etc.) or medium and heavy job demands (labourer, trucker, health care providers, etc.). The rehabilitation is designed to restore function, increase strength, improve conditioning, reduce pain and address concerns that help clients achieve a prompt and safe return to work.

SPECIALIZED TEAMS

Cumulative Trauma Disorders (CTD)

Manage upper extremity repetitive strain injuries that cause neck, shoulder, elbow and/or wrist pain. The treatment team focuses on effective self-management of pain and other symptoms, exercise, education, improvement of work setting ergonomics and use of safe work techniques.

Complex Regional Pain Syndrome (CRPS)

Provide a specialized treatment approach to clients who develop complex regional pain syndrome, also known as reflex sympathetic dystrophy. The team focuses on pain management through the use of electrotherapeutic modalities, pharmaceutical interventions, desensitization techniques and

counselling. The rehabilitation also includes techniques to improve function such as stress loading, exercise and functional activities.

Mild Traumatic Brain Injuries (MTBI)

Provide cognitive rehabilitation and treatment to address physical symptoms such as vestibular disturbances and headaches to clients with post-concussion syndrome or mild traumatic brain injuries. The service also includes exercises, physical modalities, functional tasks and counselling to prepare clients for return to work.

Traumatic Psychological Injuries (TPI)

Provide psychological and functional treatment, including exposure therapy, to clients who experience or witness a traumatic event at work (assaults, robberies, motor vehicle accidents, etc.) that involves actual or threatened death or serious injury and leads to unresolved psychological distress. The service also includes education, coping strategies, exercise and physical modalities, as required, to prepare clients to return to work.

Back Management Protocol

Provide treatment to clients who have experienced soft tissue injuries to the back. They are assigned to teams with physiotherapists with advanced skills and experience with assessment and treatment of low back injuries. A comprehensive course of treatment is provided to prepare clients for return to work. When indicated, clients may be referred directly to the orthopedic surgeon for consultation.

Shoulder Management Protocol

Provide treatment to clients who have experienced soft tissue injuries to the shoulder. They are assigned to teams with physiotherapists with advanced skills and experience with assessment and treatment of shoulder injuries. A comprehensive course of treatment is provided to prepare clients for return to work. When indicated, clients may be referred directly to the orthopedic surgeon for consultation.

Opioid Reduction (ORW and ORWO)

Focus on addressing the inappropriate or excessive use of opioids by providing pain management strategies, medication reduction/elimination schedule and coping skills. In addition, physical and functional conditioning activities are provided. Opioid reduction services are available to clients with a return to work goal (ORW) and clients without a return to work goal (ORWO), such as clients on long-term disability.

Stalled return to work

Identify the physical, medical, functional and psychosocial barriers to progress on a return to work program and determine effective strategies to address barriers.

Multidisciplinary consultation

Provide an interdisciplinary consultation including comprehensive medical, psychosocial, physical and functional assessments to determine treatment recommendations for assisting with future medical management.

ADDITIONAL SERVICES

- **Contemplating Change/Motivational Enhancement Therapy (MET)** provides tools and skills to overcome the common barriers to change (addressing negative self-talk, avoidance behaviour, identifying physical and mental barriers for socializing, maintaining healthy lifestyle, etc.). It increases the chances that the client will engage "actively" in their life and self-management of pain.



- **Work conditioning** designed for the subacute phase of recovery with a focus on exercise, education and job tasks to prepare for an early safe return to work.
- **Medical examination**
- **Psychology/social work counselling**
- **Nutritional counselling**
- **Occupational therapy** including setting up gradual return to work programs and assessing home care allowance.
- **Physiotherapy**, including provision of TENS and biofeedback.
- **Mobility assessment**

CUSTOM-DESIGNED GROUP EDUCATION SESSIONS

- Understanding pain
- Understanding safe work practices
- Benefits of exercise
- Restful sleep
- Stress management and relaxation training



- Nutrition since your injury
- Leisure and lifestyle
- Relaxation training, including tai chi
- Transfer class for health care workers

TREATMENT TEAM

Team Co-ordinator / Team Manager: Co-ordinates the treatment program and maintains contact with the case manager.

Physician: Performs a complete medical examination, confirms the diagnosis, educates the client on their medical conditions and maintains contact with the family physician. The physician monitors the medical condition throughout the treatment program.

Occupational Therapist (OT): Assesses abilities in job-related activities and provides work-related tasks to build strength and endurance to improve function to meet job demands or increase employability. Treatment includes teaching coping strategies to manage pain and techniques to work safely.

Physiotherapist (PT): Delivers a treatment program of exercise, education and a variety of other techniques based on a comprehensive physical assessment. Treatment focus is on regaining flexibility, strength and general conditioning and on teaching symptom self-management techniques in preparation for return to work.

Psychologist and/or Social Worker: Offers support to injured workers through individual counselling and/or group sessions. Issues addressed include stress management, sleep disturbances, pain management and coping skills to address fear of re-injury and other barriers that may prevent return to work.

Fitness/Recreation Co-ordinator: Offers fitness counselling, leads exercise classes and recreational activities that promote active living and healthy lifestyle.

The services of a nurse and dietitian are also available, if required.

INFORMATION:

For more information about the program, please contact the Work Recovery Program manager using our toll-free number 1 800 999-9775. Fax: 506 642-0723. Please visit our website at: worksafenb.ca. You will find us under the Health Care tab, under WorkSafeNB's Rehabilitation Centre icon.