

# Shoulder injury program

The shoulder program is designed to minimize the effect of shoulder injuries on injured workers and help them to return to work more quickly, using a combination of a specialized assessment and various treatment streams. A shoulder assessment helps direct the worker into a treatment stream with an individualized care plan.

## What is a shoulder assessment?

A shoulder assessment is completed by approved physicians and physical therapists who have received specific training from a shoulder surgeon. The assessment can include:

- confirm diagnosis
- assess the worker's ability to return to work or identify return-to-work barriers
- expedite diagnostic testing to obtain medical closure
- provide education/reassurance and a treatment plan to get the worker back to work as soon as possible
- expedite treatment recommendations
- liaise with the worker's family physician

## Who will receive a shoulder assessment?

Shoulders are among the more frequently injured body parts in the workplace. If a worker's condition includes certain indicators, a shoulder assessment will be completed. These indicators include:

- not progressing with treatment or modified work
- treatment recommendation is bed rest
- increase in symptoms
- previous history of shoulder claims/injuries

## What are the benefits of the shoulder program?

A program that targets workers with shoulder injuries will help those workers return to work more quickly and efficiently. The shoulder injury program will provide injured workers with the right service at the right time.