

# Shoulder injury program

The shoulder program is designed to minimize the effect of your shoulder injury and help you return to work as quickly as medically appropriate, using a combination of a specialized assessment and various treatment options. A shoulder assessment helps diagnose your injury and recommend an individualized care plan.

## What is a shoulder assessment?

A shoulder assessment is completed by a physician and physical therapist who are knowledgeable concerning shoulder injuries. The assessment may include some or all of the following:

- clarify or confirm your diagnosis
- assess your ability to return to work
- arrange for diagnostic testing (e.g. MRI) where appropriate
- provide education/reassurance and a treatment plan to get you back to work as soon as medically appropriate
- initiate treatment recommended for you (see below for further details)
- work with your family physician

## What should you expect during your assessment?

During your shoulder assessment, you will have:

- an assessment of your shoulder by a physician and physical therapist, which will include checking how your shoulder moves and the strength present in shoulder muscles
- a discussion about whether you will require any specialized testing
- an outline of the next steps in your rehabilitation process

## What are the benefits of the shoulder program?

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

## What happens after the assessment?

This will depend on what the physician and physical therapist determine during the assessment. Following the assessment you might:

- be provided with some education to manage your symptoms
- return to work immediately
- be sent for some additional tests (e.g. MRI)
- be seen by a physical therapist in the community
- be seen by a treatment team here at Millard Health
- be referred to an orthopaedic surgeon for consideration of surgery

Your assessment team will work closely with your Case Manager (or Adjudicator) to provide you with the best options to help you manage your injury and get you back to work.