

## Shoulder injury assessment

We want to minimize the effect of shoulder injuries on injured workers and help them return to work quickly, using a combination of a specialized assessment and various treatment. A shoulder assessment helps diagnose the injury and recommend an individualized care plan.

The assessment is completed by a physician who is knowledgeable in shoulder injuries. The assessment may include some or all of the following:

- Confirm diagnosis.
- Assess your worker's ability to return to work or identify return-to-work barriers.
- Expedite diagnostic testing.
- Provide education/reassurance and a treatment plan to get your worker back to expedite treatment recommendations.
- Liaise with your worker's family physician.

### Who will receive a shoulder assessment?

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

- Your worker is not progressing with treatment or modified work.
- The treatment recommendation is bed rest.
- There is an increase in symptoms.
- There is a previous history of shoulder injuries/claims.

### What happens after the assessment?

This will depend on what the physician determines during the assessment. Following the assessment your worker might:

- Be provided with some education to manage his/her symptoms.
- Return to work immediately.
- Be sent for additional tests (e.g., MRI).
- Be seen by a physical therapist in the community.
- Be seen by a multidisciplinary team.
- Be referred to an orthopaedic surgeon for consideration of surgery.

Your worker's assessment team will work closely with the case manager (or adjudicator) to provide your worker with the best options to help manage the injury with the goal of a safe and sustainable return to work.

#### *An additional resource for your worker*

***The shoulder book*** is an excellent resource for your worker to help understand the anatomy of shoulders and the shoulder injury during recovery.

