

## Shoulder injury assessment

We want 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 assessments and various treatment options. A shoulder assessment helps diagnose your injury and recommends 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:

- 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 can you expect during your assessment?

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

### What happens after the assessment?

This will depend on what the physician determines 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 multidisciplinary treatment team.
- 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.

#### *An additional resource for you*

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