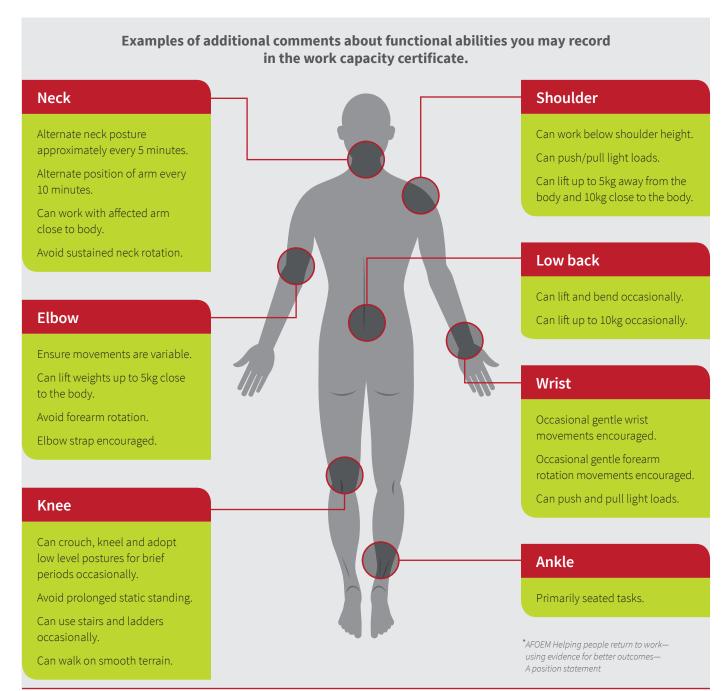
Prescribing active recovery

A patient is likely to have better health outcomes by remaining at or returning to work. Return to work is not possible for everyone, but certifying time off work, particularly when absence is prolonged, can have significant side effects.

*Research shows that the sooner an injured worker resumes their usual activities, the less likely their injury will become a long-term problem.

For those patients whose medical condition prevents them from returning to work immediately:

- Consider a work capacity certificate with a short period of incapacity, a medical review date and a predicted date for return to suitable duties.
- Consider predicting a recovery timeframe equivalent to the same injury, if it were not compensable.





Graduated return to work

Work is a therapeutic intervention and is part of treatment. Prescribing a graduated increase in work and home activity over a period of time is a practical way of promoting optimal functioning and assisting patients back to work. Some of your patients may benefit working non-consecutive days, whereas others could work fewer hours on consecutive days.

Here are three examples of a graduated return to work schedules. Note: These are provided as a guide only.

Example 1

Week 1: Full hrs, 3 days per week

Week 2: Full hrs, 4 days per week

Week 3: Full hrs, 5 days per week

Example 2

Week 1: Unfit

Week 2: 3 hrs per day, 3 days per week

Week 3: 5 hrs, 3 days per week

Week 4: Full hrs, 4 days per week

Example 3

Week 1: Unfit

Week 2: 3 hrs per day, 3 days per week

Week 3: 3 hrs per day, 5 days per week

Week 4: 5 hrs per day, 5 days per week

Week 5: Full hrs, 5 days per week

How to record a graduated return to work schedule on a Work Capacity Certificate (example only)

ı	reco	mr	mer	ıd٠

A graduated increase in working hours over 5

weeks from 3

3 hours a day to your normal hours/ 8

hours a day

Non-consecutive working days for a period of day

I would like more information about the options available for your return to work

I would like a copy of your recovery and return to work plan



