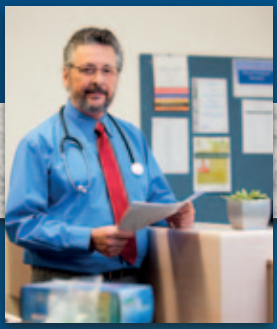
"GETTING YOUR PATIENTS BACK TO WORK CAN DO WONDERS FOR THEIR RECOVERY."



“Evidence from literature around the world shows that an injured worker can recover faster, the sooner they return to work. Spending too long at home can have a negative effect on their long-term physical and emotional well-being.”

Back at work. Back to normal.

Following a workplace injury, the temptation is to recommend time off until fully recovered. Unfortunately, this can sometimes hinder the recovery process and make remaining at, or returning to work all the more difficult.

Over time, being away from work can have a dramatic impact on a person’s physical and mental health and be the cause of family problems, emotional distress and financial hardship.

For many the workplace is a source of social support, friendship and a foundation for their self-esteem. The sooner they can return to work the sooner they will recover and get their lives back to normal.

Working together.

As a health professional you have a major role to play in returning an injured worker back to work. In many cases you'll find that a worker is capable of remaining at, or returning to work in some capacity immediately following an injury. To achieve this, communication and collaboration with the injured worker, their employer and other stakeholders is essential.

Make returning to work an integral part of the treatment process. Focus on what your patient can do, rather than what they can't. Work together towards an achievable return to work plan, which may include modified duties.

For more information and support call Workcover on 13 18 55 or visit workcover.com

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