



Winston Hills  
Physiotherapy Centre

# GUIDE TO WORKERS COMPENSATION

## **Injured at work - what do you do?**

- Report the injury to work
- See your GP to get a Certificate of Capacity -The certificate describes the nature of your injury/ illness, your capacity for work and the treatment you may require. It helps inform your injury management and recover at work plans.
- Book an appointment to see our physio - generally the quicker you get started on treatment the better your recovery will be and return to work earlier

## **Recovering at work**

Your employer must provide work that is suitable and supports your recovery at work. You should participate in finding work options that are within your capacity.

Taking an active role in the planning process will avoid delays and assist a timely, safe and durable recovery at work. Suitable work options may include:

- parts of your job you were doing before your injury
- the same job, but on reduced hours
- different duties altogether
- duties at a different site
- a combination of some or all of the above.



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## **Physiotherapy**

- You are able to get 8 sessions of physiotherapy initially to get your recovery started quickly
- We will review and have to submit an Allied Health Recovery Request (AHRR) to the insurer to get more sessions approved if required
- We will work with your GP and your workplace and advise them of your current capacity for work to reflect on your Certificate of Capacity

## **Your responsibilities**

- Your role is to focus on recovery including making reasonable efforts to return to work. You should actively participate in rehabilitation and assessments to assist your recovery at work.
- It is your responsibility to have a current certificate of capacity and update it at least every 28 days.

## **Questions?**

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