
FREQUENTLY ASKED QUESTIONS

Physiotherapy Activation Program (PTAP)

What is PTAP?

The Physiotherapy Activation Program (PTAP) is a service provided by licensed, experienced Physical Therapists, designed to complement the mental health services you are currently receiving. PTAP consists of an Initial Screen, to make sure you are safe to participate in an Activation Program, and to explore the types of exercise or activities you enjoy. PTAP will be offered as virtual rehabilitation services, through our Zoom videoconferencing platform or over the telephone.

After the Initial Screen, a structured exercise program will be designed, to address your unique needs and preferences, and assist you to develop regular activity routines. Treatment typically occurs over a 6-week period. In certain circumstances, the treatment could be extended for up to 4 weeks, with approval from your WSBC Case Manager.

What is the purpose of PTAP?

Evidence supports the role of structured exercise and activity in the treatment of a variety of mental health conditions. The focus of PTAP is to provide regular progressions of exercises and activities, to work towards your individual fitness and activity goals.

Why would I be admitted to PTAP?

Your Physical Therapist will discuss your specific circumstances with you. The following are reasons PTAP is recommended:

- You have a mental health claim (without a physical injury), and would benefit from a structured exercise program to assist in your daily routines
- The Physical Therapist has assessed you, and recommended that you would benefit from PTAP
- You are safe to participate in PTAP, and do not have any medical issues that would affect your health

Why would I not be admitted to PTAP?

Your Physical Therapist will discuss reasons with you, if you are not admitted to PTAP. The following are examples of why you would not benefit from PTAP:

- You are already receiving physical therapy or physical activation treatment from another Physical Therapist
- You have a work-related musculoskeletal or soft tissue injury
- You may have an underlying medical condition which would make it unsafe for you to participate in the program

What will I be doing in PTAP?

Your Physical Therapist (together with you) will design a 6-week Activation Program, which will include specific exercises and activities, along with how often and how much exercise you should perform. You will have at least 2 sessions per week (15-30 minutes) with your Physical Therapist to review your program, explore your participation, and make any changes or progressions as you improve.

Your Physical Therapist will work with you to explore the types of equipment or objects you have in your home, in order to meet your exercise goals.

Am I involved in decisions about my ECAT Program?

Yes, you are involved with decisions in your ECAT Program. You are the expert on the job you will return to, so we will work with you to figure out the best options for your return to work.

While there are timeframes and return to work expectations set by WorkSafeBC, we will work with you to provide support and alternatives.

You are invited to give feedback on the ECAT Program through individual meetings, suggestion boxes, and surveys.

How does my Physical Therapist communicate with my Family Doctor?

Before you begin PTAP, you will complete a Physical Activity Readiness Questionnaire (PAR-Q). If any issues are noted, your Physical Therapist will contact your Doctor to request medical clearance to participate in the program. In addition, your Doctor will receive a copy of all reports from the Program. After receiving the report, your Doctor will have an opportunity to communicate with us if he/she has any concerns about your participation. If any medical issues arise during the Program, your Physical Therapist will contact your Doctor.

Who gets a copy of my PTAP Reports?

With your consent, the Initial Screen (with Activation Program) and Discharge Reports are sent to your WorkSafeBC Case Manager and Doctor.

Does Back in Motion work for WorkSafeBC?

No, Back in Motion is a private company providing rehabilitation services to a variety of organizations. Back in Motion has contracts with WorkSafeBC to deliver several programs. Our clinical opinions and recommendations are based on the observations and measurable findings of the treatment team. All of our staff members are employed by Back in Motion.