



## Frequently Asked Questions OR2/ASTD Program

### How will the program be delivered safely?

Back in Motion is considered a health care centre, and will follow all Provincial Health Officer Orders related to health care centres.

Following the recommendations of the Provincial Health Officer, masks are no longer required in our clinic. We respect each individual's choice in deciding whether or not to wear a mask. If you would like to wear a mask, we can provide you with one. Some of our health care professionals may also continue to wear masks. If you would like your health care professional to wear a mask during your treatment, please let us know.

If you are experiencing symptoms of the flu or have a fever, please let our team know and we would be happy to reschedule your appointment. Regular cleaning of assessment, treatment, and gym equipment will occur. Frequent handwashing is encouraged.

### What is the purpose of the OR2/ASTD Program?

The purpose is for you to learn strategies to better manage your symptoms, improve your physical function, and promote recovery from your injury. The treatment team will work with you and the people involved in your rehabilitation, to find the best solution for you to return to work with support.

### Who will be working with me in the OR2/ASTD Program?

The OR2/ASTD treatment team includes a Physical Therapist, Occupational Therapist, Clinical Counsellor, Physician, and Kinesiologist.

### What will I be doing in the OR2/ASTD Program?

You will first complete an Intake Assessment with key team members. The treatment team will work with you to customize your OR2/ASTD Program, and create strategies and plans to support your return to work.

After your Intake Assessment, if you are appropriate for the Program, you will receive the following services:

- General and injury-specific exercises, including stretching, strengthening, and balance
- One-to-one and group education on topics such as return to work, pain and stress management, sleep, pacing, and goal setting
- Appointments with the Clinical Counsellor and/or Program Physician (as needed)
- Job Site Visit to confirm your job demands and discuss return to work options
- Customized, graduated return to work plan created by you and your team
- It is expected that you participate fully in all recommended aspects of the program. We are required to share your attendance and participation with your WorkSafeBC Case Manager.



## Where will I store my valuables?

Back in Motion provides lockers where you can safely keep your belongings throughout the day. You can rent a lock for \$5, which you will get back when you return the lock at the end of the Program.

## Am I involved in decisions about my OR2/ASTD Program?

Yes, you are involved with decisions in your 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 time frames 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 program through individual meetings, suggestion boxes, and surveys.

## How does the Program communicate with my family doctor and employer?

Your family doctor will receive a copy of all reports from the OR2/ASTD Program. After receiving the report, your family doctor will have an opportunity to communicate with us if they have any concerns about your participation. We will communicate with your doctor to update them and ask any questions as needed. Your team will also gain your consent to contact your employer, to confirm job demands, explore return to work options and supports at the workplace, and communicate recommendations from the Program.

## How can I go back to work gradually if I'm not 100% fit?

Near the end of your rehabilitation program, your Occupational Therapist or Kinesiologist will help you develop a graduated return to work (GRTW) program. This is your chance to use your workplace duties to help you build up function to 100%. The GRTW involves gradually increasing your hours of work and the difficulty of your duties over several weeks. The GRTW is part of your rehabilitation, and is often more effective in helping you to achieve full function than the mere passage of time, especially if you have already had difficulty for several months. You will receive support from your team during this return to work phase.

## At the completion of my OR2/ASTD Program, what decisions are made?

At the end of the program, your team will discuss information about your functional abilities as they relate to your job. There are 3 discharge status terms used when reporting back to WorkSafeBC about your ability to return to work:

- **Not Fit to Return to Work:** You may require further medical tests or interventions prior to a safe return to work.
- **Fit to Return to Work with Limitations:** You are ready to return to modified or alternate duties and/or hours, based on your functional abilities and objective medical status.
- **Fit to Return to Work without Limitations:** You are ready to return to full pre-injury hours and duties, based on your functional abilities and objective medical findings.

## Does Back in Motion work for WorkSafeBC?

No, Back in Motion is a private company providing rehabilitation services for 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.