



Frequently Asked Questions about PCMP

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 PCMP?

The purpose is to provide you with strategies to better manage your symptoms, improve your cognitive (thinking) and physical function, and promote recovery from your injury. The Program will also provide you with group and individualized education to help you understand your injury. You will gain improved strength, balance, and functional abilities, through an activity program prescribed and supervised by your team. Your 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 shouldn't attend the Program?

- Clients with no concussion or head injury symptoms
- Clients receiving acute medical treatment (e.g., hospitalization, wound care, post-surgical care)
- Clients may be unable to participate in the program if they have a medical condition which restricts rehabilitation, they attend under the influence of drugs or alcohol, or they are experiencing acute psychotic symptoms or demonstrating unsafe behaviour

Who will be working with me in the PCMP Program?

The treatment team includes:

- Occupational Therapist
- Psychologist
- Physical Therapist
- Physician

In addition to these core team members, other professionals provide services, including:

- Kinesiologist (a specialist in exercise physiology)
- Speech-Language Pathologist
- Clinical Counsellor
- Cognitive Rehab Therapist



What will I be doing in the PCMP Program?

You will first complete an Intake Assessment with key team members, with a focus on cognitive (thinking), physical, functional, and work-related abilities. The treatment team will work with you to customize your Program, and create strategies and plans to support your return to work. This will be reviewed in a meeting following your Intake Assessment.

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, cognitive (thinking), and work simulation
- One-to-one and group education on topics such as self-management of pain and headache symptoms, mood management, brain injury, sleep, memory, and concentration
- 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 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 Program. After receiving the report, your family doctor will have an opportunity to communicate with us if they have any concerns about your participation. When necessary, a member of your treatment team will communicate with your family doctor to update them on your progress and ask any questions as needed.

The Occupational Therapist will speak with you regarding your work, and contact your employer (with your consent). The Occupational Therapist will confirm job demands, explore return to work options and available supports at the workplace, and communicate recommendations from the Program.



What if my doctor doesn't think I'm ready to go back to work?

Any return to work plans developed with you will be sent to your family doctor. If there are any changes suggested by your family doctor, we will review that information, and communicate with your doctor to ensure that we are working together. We will provide the support you need to return to work safely and successfully.

Who gets a copy of my Program Reports?

Assessment, Progress, Discharge, and Job Site Visit Reports/Return to Work Plans (if you are part of the return to work component of the program) are sent to your Case Manager and family doctor. The employer is provided with a copy of the Gradual Return to Work plan.

What decisions are made at the end of my Program?

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 intervention 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.

Is Back in Motion the same as 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.