

## Here are some possibilities for your return to work:

- You return to your regular job as soon as you are able to safely do so
- You return to your job with temporary modifications in your hours of work
- You return to work with modifications to the tasks you do and/or the way you do your tasks for a defined period of time

## Questions about payment

If you have reported your injury to your employer and WorkSafeBC, you will have a claim number.

If your claim is accepted, WorkSafeBC will pay your registered massage therapist directly. You cannot be billed, and you do not have to pay any additional costs. If your claim is not accepted, you are responsible for the cost of your massage therapy care.

If your claim is pending, your registered massage therapist can arrange payment with you directly. If your claim is subsequently accepted, your registered massage therapist will reimburse you for any outstanding difference and then bill WorkSafeBC directly.

## What if you didn't register a claim with WorkSafeBC?

Call the WorkSafeBC Provincial Call Centre (see contact information at the end of this brochure) to register a claim. You will be given a claim number, which you should then give to your registered massage therapist. Keep these numbers close at hand in case you have any questions about your claim.

## What if you don't recover from your injury as planned?

If you have not recovered within five weeks, your therapist will make recommendations to WorkSafeBC. WorkSafeBC will work with your doctor and your registered massage therapist to confirm a future treatment plan.

## While receiving massage therapy treatment, how often should you go to your doctor?

Go to your doctor if:

- Your condition changes significantly
- Your registered massage therapist recommends it
- Your doctor asks to see you
- You are returning to work



## Contact information

If you have questions regarding this brochure, please contact:

### WorkSafeBC Health Care Services

6951 Westminster Highway  
Richmond, B.C. V7C 1C6  
Lower Mainland 604 232-7787  
Toll-free 1 866 244-6404

If you have questions regarding initiating a claim or the status of a claim, please contact:

### WorkSafeBC Provincial Call Centre

Lower Mainland 604 231-8888  
Toll-free 1 888 967-5377

You can also visit our web site at  
**WorkSafeBC.com.**

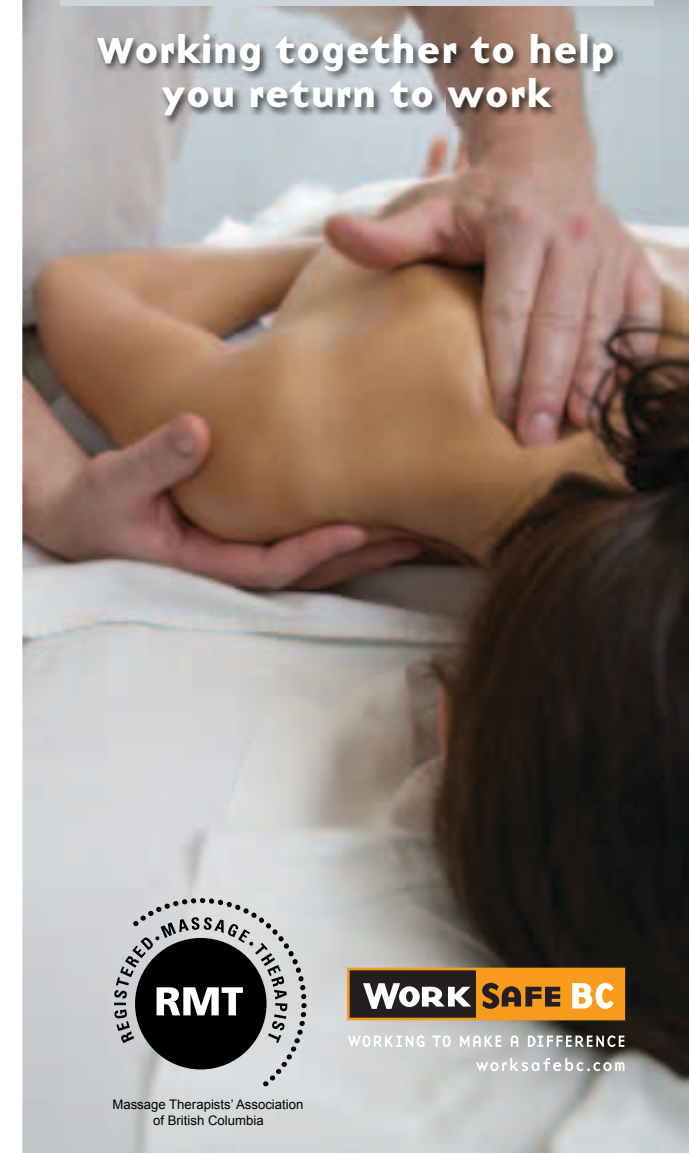
For additional copies of this brochure, contact:

### Customer Service

E-mail: [customer.service@worksafebcstore.com](mailto:customer.service@worksafebcstore.com)  
Fax: 604 232-9703 or toll-free at 1 888 232-9714  
Phone: 604 232-9704 or toll-free  
1 866 319-9704

# YOUR REGISTERED MASSAGE THERAPIST AND YOU

## Working together to help you return to work



Message Therapists' Association  
of British Columbia

**WORK SAFE BC**

WORKING TO MAKE A DIFFERENCE  
[worksafebc.com](http://worksafebc.com)

## Your doctor has referred you to a registered massage therapist to help you:

- Recover from your injury
- Return to work as soon as you can safely do so
- Prevent a similar injury from happening again

## At your first appointment, your registered massage therapist will:

- Ask you questions about your injury, such as how it occurred and how it limits your normal daily activities
- Conduct an examination of the injured area
- Provide a massage therapy diagnosis, based on the examination and your history
- Begin massage therapy treatments immediately, if required
- Explain what you can expect during your treatments
- Explain your role in your recovery
- Plan with you, and your case manager or doctor as required, the steps needed to help you return to work

## Why is your registered massage therapist asking questions about your work?

Your registered massage therapist needs to know the kinds of activities that you do at work and the way your workplace is set up so that he or she can:

- Understand how your injury affects your ability to do your work
- Advise on when and how you can safely return to regular work or modified work
- Coordinate with your case manager or doctor to determine how to accommodate a successful return to work
- Advise you on how to prevent a similar injury from occurring again

## What might your massage therapy treatments include?

Registered massage therapists practise a wide variety of treatments, which include:

- Manual hands-on techniques, such as massage and joint mobilizations
- Active rehabilitative techniques, such as stretching, strengthening, and postural exercises
- Information sharing and education

Your registered massage therapist will explain how many treatments you are likely to need and how often you should come in. If you are off work, you will discuss a target date of when you will be able to safely return to work. Before going back to work, you should notify your doctor, who may wish to see you.

## What are your responsibilities during recovery?

Much of your recovery will depend on you. Your registered massage therapist may include exercise as part of your treatment to help you to regain strength and flexibility. It is important to learn how to do the exercises correctly so that you may do them at home as recommended by your registered massage therapist.

You should try to remain as active as you can every day as this will help speed your recovery. Your registered massage therapist will provide you with guidance regarding the types of activities that are safe and beneficial.

Keep in touch with your employer and be willing to do tasks that your registered massage therapist, doctor, and employer agree that you are able to do safely. If you cannot initially return to your regular job, WorkSafeBC will contact your employer to see if they can arrange other suitable work and an appropriate work schedule for you.

## When will you be able to return to work?

Both your registered massage therapist and your doctor will discuss with you when you might be able to return to work. They may recommend that you return to work before you feel you are fully recovered, as the type of activities that you do at work may contribute to a faster recovery. If necessary, you will continue your massage therapy treatments for a brief period after you return to work.

