

## MVA (Motor Vehicle Accident) Insurance and Therapacc

Despite the reality that motor vehicle accidents are the most common cause of injury in our society, few people are aware of how the insurance system works and the support it will provide them in the event of personal injury.

### What Everyone Should Know

Automobile insurance coverage provides for assessment and rehabilitation after injury. In the case of serious injury, when individuals are not yet mobile, our therapists attend **at the client's home**. In the case of less serious injury, or following initial in-home treatment, we can provide rehabilitation **at our outpatient clinics**.

Whether in home or in the clinic, therapists assess the individual's needs and develop goal-oriented treatment plans that are submitted to the insurer for approval, so that payment for the treatment is assured.

If you are injured in a motor vehicle accident you may contact us directly. **You do not require a referral from a physician.** In some cases, delays in assessment and treatment can slow recovery and return to function. Contact your insurance company as soon as possible after an accident and you will be provided with information about your coverage and how to proceed with your rehabilitation.

### Attention: Doctors, Lawyers and Case Managers

Therapacc Physiotherapy & Rehabilitation provides a continuum of rehabilitation services: Physiotherapy, Occupational Therapy and Speech Language Pathology. Our team of Rehabilitation Assistants supports the therapists' work in both home and clinic settings. We are client-centred and have more than a decade of experience.



Our therapists are familiar with MVA legislation; the Schedule of Accident Benefits (SABS); and documentation requirements (OCF forms). We prepare medical and legal reports and are available for Section 42 assessments. Our therapists work with all conditions including catastrophic, acquired brain injury (ABI), and spinal cord injuries.

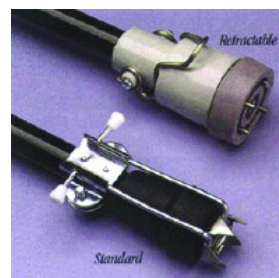
We provide follow-up after DAC examinations. We are very well acquainted with community resources through the region and know how to link clients to third party pay services such as MRIs, Vocational Assessments and Psychological services.

Our therapists are located throughout our expansive geographic region – from the eastern border of Durham county west to Belleville, from Lake Ontario north to Algonquin Park and includes the counties of Quinte, Peterborough, Haliburton, Northumberland and Victoria County/City of Kawartha Lakes.

## This Season's Tool: The Ice Pick Cane

### Winter Walking Tips

Reduce falls and injury by planning ahead. Make sure you have plenty of time and take rest breaks as needed. For assistance on snow and ice consider a cane designed for winter use with special tips that grip the ice.



### Therapacc's Mission

*To enable each client to achieve  
the highest level of function,  
independence and well-being.*

# Therapacc Now Provides WSIB Programs of Care

Therapacc is now offering several WSIB (Worker Safety and Insurance Board) treatment programs in our three outpatient clinics. The WSIB has recently launched a series of "Programs of Care" and we are delivering the *Upper Extremity Injuries* and *Acute Low Back Injuries* programs. No physician referral is required. The Physiotherapy Clinic can be contacted directly.



The *Upper Extremity Injuries* program is available to those workers diagnosed with:

- minor rotator cuff injuries – pain in the shoulder on active movement, which may be caused by pulling/throwing movements above the shoulder or repetitive movements
- lateral epicondylitis (pain on the outside area of the elbow) – "tennis elbow", generally caused by repetitive activities such as working on an assembly line
- carpal tunnel syndrome (wrist) – hand pain, tingling and numbness generally caused by repetitive movements such as continuous keyboard work and/or repetitive wrist movements

This program assists the injured worker to return to pre-injury level of overall function and quality of life, facilitates safe, early and sustained return to

work for injured workers and the timely identification of surgery requirements. Any worker, up to 12 months post injury, may be referred for up to 12 weeks of treatment.

The Program of Care for *Acute Low Back Injuries* is effective for injured workers with soft tissue, uncomplicated, acute low back injury. Workers must be referred no more than 4 weeks post injury.

The objectives of this program are to:

- Facilitate safe, early and sustained return to work for workers in the program
- Reduce the chronic nature of low back injuries
- Assist workers to return to pre-injury level of overall function and quality of life
- Increase satisfaction with quality of care among workers and other stakeholders

This Program of Care is divided into acute (weeks 1-4) and sub-acute (weeks 5-12) phases to a maximum of 12 weeks.

Timely and effective communication is an important element in the success of the Program of Care. At the beginning of treatment the employer will be contacted and the physical demands of the worker's job and possible modifications will be discussed. When the worker is nearing discharge, the employer will be contacted regarding the worker's return to work.

At the conclusion of the Programs of Care an Outcomes Summary will be completed and will report on degree of participation, key treatment progress, the worker's functional abilities, his/her job status, and any further recommendations.

## did you know?

- THERAPACC IS LOCALLY OWNED AND OPERATED BY EIGHT THERAPISTS: THREE OCCUPATIONAL THERAPISTS AND FIVE PHYSIOTHERAPISTS
- OUR COMPANY COVERS A 13,221 SQUARE KILOMETERS AREA FROM LAKE ONTARIO TO ALGONQUIN PARK, LARGER THAN THE STATE OF NEW JERSEY!
- OUTPATIENT THERAPY SERVICES ARE OFFERED AT OUR FOUR CLINICS IN CAMPBELLFORD, LINDSAY & BOBCAYGEON
- ASSESSMENT AND TREATMENT SERVICES ARE PROVIDED IN PRIVATE HOMES, LONG-TERM CARE FACILITIES, RETIREMENT HOMES AND WORK PLACES THROUGHOUT THE COUNTIES OF VICTORIA, HALIBURTON, PETERBOROUGH & NORTHUMBERLAND. WE ARE THE CONTRACTED THERAPY SERVICE PROVIDER FOR THE REGION'S COMMUNITY CARE ACCESS CENTRE
- OUR REHABILITATION TEAM NOW INCLUDES: 21 PHYSIOTHERAPISTS, 15 OCCUPATIONAL THERAPISTS, TWO SPEECH LANGUAGE PATHOLOGISTS, ONE KINESIOLOGIST AND SEVEN REHABILITATION ASSISTANTS

*If you would prefer to receive the Rehab Review newsletter in an electronic format or if you have any comments, please contact us at (705)324-5085 or 1-800-339-7792 or info@therapacc.com.*



### Therapacc Inc. Physiotherapy & Rehabilitation

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