

## **Council of Construction Associations**

#138 - 5751 Cedarbridge Way,

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Grant McMillan, President

COCA WCB Update #427 January 16, 2009

### Reduce Your WorkSafeBC Costs!

A new and effective way of improving Return to Work has been developed by Kinetic Construction, working in conjunction with WorkSafeBC.

Kinetic has generously shared its ideas and its processes with COCA and the Construction Safety Association of BC.

The basic concept is to assist the injured worker to achieve a safe, early and durable Return to Work. In some cases, using this process may result in no time lost from work.

The worker receives the benefit of a prompt appointment with a physiotherapist who can provide proper guidance for recovery. The physiotherapist also provides an assessment of the injured worker in three important areas:

Physical (stability, strength, flexibility);

Vocational (workplace issues, whether duties need to be modified);

Functional (abilities and any limitations)

The physiotherapist also provides Recommendations for Treatment.

A worker who goes through the normal WorkSafeBC system may wait 3 weeks or longer for a physiotherapy appointment.

The process that we are recommending results in the worker normally seeing the physiotherapist within 1-2 Days. (Ideally the same or the next day).

The worker still retains the right to go to his/her own doctor. The physiotherapist Report may also be helpful to the doctor.

The Day 1 program has two primary goals – To help the worker to achieve as complete a recovery as possible; to reduce or eliminate time off work and thereby reduce WorkSafeBC costs.

COCA recommends that contractors use this process to help their injured workers and to benefit their companies.

A sample Day 1 Assessment Template and a Sample Contract Agreement for the Contractor/Physiotherapist is enclosed. Also enclosed is a current list of WorkSafeBC approved physiotherapist providers in BC. This is important for billing purposes.

This program is designed to work in conjunction with a Return to Work program, including light duties.

These materials will also be available on the CSABC website:  
[www.csabc.ca](http://www.csabc.ca)

Here is the suggested process for the Day 1 program.

## PROCESS FOR DAY 1

### Introduction

Day 1 is designed to facilitate safe, early and durable Return to Work and is part of a Return to Work program.

The Day 1 program is also designed to facilitate Stay at Work, where possible, with no time loss.

### Step by Step Process

1. Obtain a list of Physiotherapy & Rehabilitation Centres that can provide physical assessments and treatment.

2. Develop and sign a Service Agreement with the Centres that will be used.

Agree on a suitable Intake Assessment Summary Report.

3. Designate a coordinator within the company to make the needed contacts, as below. This person may also perform other duties for the company.

4. When an injury occurs that will affect the worker's ability to perform regular job duties, the coordinator calls the Centre closest to the worker and books a time for the initial assessment. This time is usually within 24 to 48 hours.

5. The coordinator contacts the worker and tells the worker that an appointment has been made with their nearest available rehabilitation clinic. This will help the worker to recover more quickly and thoroughly from the injury. The coordinator asks the worker to call after the appointment.

6. The coordinator follows up with the worker if the worker does not call.

7. The Centre faxes or emails the Intake Assessment Summary Report to the coordinator.

8. The Report will outline any barriers or issues that are to be resolved in order to facilitate a successful return to work.

9. The coordinator arranges for suitable light duty return to work, as appropriate. This may take the form of modified duties or graduated return to work.

10. The physiotherapist may recommend additional treatment for the worker. Any additional treatment will be authorized in writing by the coordinator. This treatment could begin immediately.

**This material was developed by Kinetic Construction and is used with their kind permission.**

**DAY ONE PROGRAM**

**Intake Assessment Summary Report**

**NAME OF CLIENT:**

**CLAIM #:**

**ASSESSMENT DATE:**

**KINETIC CONTACT: Heather Davies (250 381-6331)**

**SUMMIT CONTACT:**

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*This report is provided to inform relevant parties of this client's clinical status. It is not intended for purposes of litigation.*

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**Upon initial assessment the following list outlines any barriers or issues to be addressed or resolved in order to facilitate a successful return to work:**

**Physical:**

(eg ROM, instability, strength, neurological)

**Vocational:**

(eg workplace issues – schedules, modified duties or not, nature of job demands –ie heavy)

**Functional:**

(eg abilities and limitations relative to job demands, as per JDA if available)

**Recommendations for Treatment:**

(include # Tx's/week, # wks of Tx, Brief Tx plan, suitability for modified work, earliest RTW date)

Please do not hesitate to contact the undersigned if you have any questions regarding this assessment.

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Assessing Physiotherapist

cc. Dr. \*\*\*– Family Physician  
Mr./Mrs. \*\*\*– WSBC Case Manager  
Heather Davies – Kinetic Construction

**DAY 1 SERVICES AGREEMENT  
BETWEEN  
KINETIC CONSTRUCTION LTD.  
AND  
SUMMIT INJURY MANAGEMENT / CBI HEALTH**

Date of Agreement: July 11, 2008

***Kinetic Construction Ltd. Contact:***

Heather Davies	(Safety Manager)	250 381-6331 (tel)
		250 386-2286 (fax)
		250 661-8523 (cel)

This is to confirm the terms of agreement to have Summit Injury Management / CBI Health serve as an early intervention resource for the assessment and treatment of occupational musculoskeletal injuries for Kinetic Construction Ltd. employees.

The service outlined in this agreement will be provided directly by Summit Injury Management (or other CBI Health facilities on Vancouver Island and the mainland as needed).

1. Kinetic Construction Ltd. employees will have early access to physiotherapy assessment and treatment within 24 hours of referral.
2. Initial physiotherapy assessment and written treatment and return to work recommendations for all Kinetic Construction Ltd. employees will be billed directly to the employer, at a cost of \$60.00/assessment.
3. Treatment will be initiated based on the assessment findings. All subsequent treatment to be funded by Kinetic will be authorized by hard copy (letter, fax, e-mail) by Heather Davies. All subsequent visits (follow-up treatment) will be charged at a rate of \$50/visit until such time as the injury claim is accepted by WorkSafeBC.
4. Once an injury claim has been accepted by WorkSafeBC, all follow-up treatment expenses incurred by Kinetic Construction Ltd. will be reimbursed by Summit and/or CBI Health.
5. Intake and discharge reports are to be generated for all injured workers. Initial Assessment Report to be generated within 3 working days following completion of the initial assessment.

The **Initial Assessment Report** will outline:

- a. Diagnosis
- b. Initial treatment plan

- c. Any recommendations regarding duty modification (identify critical elements regarding duty modification and physical restrictions).

Heather Davies is to receive all reports. Phone contact to be made with Heather Davies within 24 hours of the assessment regarding any physical restrictions or job modifications if appropriate for the injured worker.

**Discharge Reports** will outline:

- a. Subjective and Objective status at discharge
  - b. Ongoing management plan
  - c. Recommendations
- 6. Heather Davies is to be advised of non-compliance or of any appointments missed by an injured worker.
  - 7. For individuals who are referred to a medical specialist, formal recommendations will be made to the worker's family physician and/or WorkSafeBC as appropriate.
  - 8. Summit Injury Management and CBI Health can provide rehabilitation and return to work coordination/support services for the employer, upon formal request. Fees for these services are billed out at \$90.00/hour.

Initial consultation on the need for these services may be conducted through the treating facilities Clinic Manager or service contact, as identified on the attached treatment center locations list.

- 9. Invoices to be generated by treating clinic and submitted along with Initial Assessment Report to Kinetic Construction Ltd. to the attention of Heather Davies.

Invoices will be due and payable by Kinetic Construction Ltd. within 30 days of receiving the invoice from the treating clinic. Payment should be directed to the treating clinic that generated the invoice.

**We have reviewed the terms of agreement in the arrangements between Kinetic Construction Ltd. and Summit Injury Management/CBI Health to implement an Early Intervention Program for the assessment and treatment of injured workers.**

\_\_\_\_\_  
Heather Davies  
Kinetic Construction Ltd.

\_\_\_\_\_  
Adam Cornett, Clinic Manager  
Summit Injury Management

Date: \_\_\_\_\_

Date: \_\_\_\_\_

## Treatment Center Locations – Vancouver Island

Clinic	Clinic Manager	Address	Contact Details
<b>CBIHealth-</b> <b>Victoria</b>	Shekinah Miller	101-3581 Shelbourne St. Victoria BC V8P 4G8	Tel: (250) 370-1731 Fax: (250) 370-1391 <a href="mailto:victoria@cbi.ca">victoria@cbi.ca</a>
<b>Summit Injury Management</b> <b>Victoria</b>	Mike Allegretto	605 Discovery Street Victoria BC V8T 5G4	Tel : (250) 383-3638 Fax: (250) 383-3053 <a href="mailto:victoria@sumhab.com">victoria@sumhab.com</a>
<b>Summit Injury Management-</b> <b>Langford</b>	Adam Cornett	204-940 Goldstream Ave. Victoria BC V9B 2Y4	Tel : (250) 478-8590 Fax: (250) 478-8509 <a href="mailto:langford@sumhab.com">langford@sumhab.com</a>
<b>West Shore Physiotherapy-</b> <b>Langford</b>	Annmarie Scanlan	582 Goldstream Ave. Victoria BC V9B 2W7	Tel : (250) 478-8280 Fax: (250) 478-8294 <a href="mailto:westshore@sumhab.com">westshore@sumhab.com</a>
<b>Summit Injury Management-</b> <b>Duncan</b>	Krista Clarke	5873 York Road Duncan BC V9L 4Y2	Tel : (250) 748-3707 Fax: (250) 748-3737 <a href="mailto:duncan@sumhab.com">duncan@sumhab.com</a>
<b>Summit Injury Management-</b> <b>Nanaimo</b>	Darren Earl	101-4300 Wellington Nanaimo BC V9T 2H3	Tel: (250) 729-0990 Fax: (250) 729-0991 <a href="mailto:nanaimo@sumhab.com">nanaimo@sumhab.com</a>

**City : Abbotsford (4)**

(Fraser Valley) Sport and Spine Physiotherapy	2375 West Railway St	Abbotsford	V2S 2E3	(604) 854-3545	(604) 853-8085
CBI Abbotsford	34252 Marshall Road	Abbotsford	V2S 1L9	604-852-5655	604-852-5828
Glenn Mountain Orthopaedic and Sports Physiotherapy	Unit 105 - 2526 Yale Court	Abbotsford	V2S 8G9	604-557-0198	604-855-0189
Rehabilitation Centre Orthopaedic and Sports Injuries Service (OASIS) - Abbotsford	3106 Clearbrook Rd	Abbotsford	V2T 4N8	(604) 855-0155	(604) 855-0156

**City : Burnaby (2)**

CBI Physiotherapy & Rehabilitation Centre	200 - 5172 Kingsway	Burnaby	V5H 2E8	(604) 435-9151	(604) 435-9126
Drake Medox Health Services	9304 Salish Court	Burnaby	V3J 7C5	(604) 444-2003	(604) 420-7110

**City : Campbell River (1)**

Rehabilitation in Motion	2315 South Island Hwy	Campbell River	V9W 1C4	(250) 923-3773	(250) 923-3644
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**City : Chase (1)**

Little Shuswap Physiotherapy Clinic	737 Sicamous Street	Chase	VOE 1M0	(250) 679-8066	(250) 955-6529
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**City : Chilliwack (1)**

Chilliwack Work Conditioning Program	2 - 9145 Corbould St	Chilliwack	V2P 4A7	(604) 792-2141	(604) 792-3511
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**City : Coquitlam (2)**

CBI Physiotherapy & Rehabilitation Centre	630 - 2755 Lougheed Highway	Coquitlam	V3B 5Y9	(604) 464-4341	(604) 464-0431
Planet Ice Physiotherapy Clinic	2300 Rocket Way	Coquitlam	V3K 6Z2	(604) 552-8898	(604) 552-8028

**City : Courtenay (1)**

Rehabilitation In Motion	Suite 103 - 780 Grant Avenue	Courtenay	V9N 2T3	(250) 334-9670	(250) 334-9656
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[City : Cranbrook \(1\)](#)

Cranbrook Physiotherapy	28 - 11th Avenue	Cranbrook	V1C 2P1	(250) 426- 7097	(250) 426- 5501
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[City : Dawson Creek \(1\)](#)

Dawson Creek Physiotherapy	10500 - 10th St	Dawson Creek	V1G 3T9	(250) 782- 3736	(250) 782- 3734
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[City : Duncan \(1\)](#)

Summit Injury	5873 York Road street	Duncan	V9L 4Y2	(250) 748 3707	(250) 748- 3737
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[City : Kamloops \(2\)](#)

Drake Medox Active Rehabilitation	164 Oriole Road	Kamloops	V2C 6E9	(250) 377- 0090	(250) 377- 0091
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Royal Inland Hospital	311 Columbia Street	Kamloops	V2C 2T1	(250) 314- 2458, local 458	(250) 314- 2339
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[City : Kelowna \(1\)](#)

Lifemark Health (formerly Columbia)	104 -1634 Harvey Ave	Kelowna	V1Y 6G2	(250) 860- 0171	(250) 860- 0181
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[City : Langley \(1\)](#)

HealthX Langlev	20501 Logan Avenue	Langley	V3A 4L8	(604) 532- 9005	(604) 532- 9085
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[City : Maple Ridge \(1\)](#)

Golden Ears Orthopaedic & Sports Phvsio Clinic:	11925 Haney Place	Maple Ridge	V2X 2P9	(604) 463- 9968	(604) 463- 9167
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[City : Mission \(1\)](#)

Orthopaedic and Sports Injuries Service (OASIS) - Mission	7650 Grand St	Mission	V2V 3T3	(604) 820- 8285	(604) 820- 8287
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[City : Nanaimo \(2\)](#)

Long Lake Sports & Orthopaedic Phvsio Clinic:	5 - 4800 Island Highway North	Nanaimo	V9T 1W6	(250) 751- 0222	(250) 751- 0809
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Summit Injury Manaagement	101 - 4300 Wellington Road	Nanaimo	V9T 2H3	(250) 729- 0990	(250) 729- 0991
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[City : Nelson \(1\)](#)

Lakeside Physiotherapy (Workfit)	903 Nelson Avenue	Nelson	V1L 2N8	(250) 354- 3929	(250) 354- 1921
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[City : Parksville \(1\)](#)

Oceanside Work Conditioning Centre	3 - 1009 Allsbrook Rd	Parksville	V9P 2A9	(250) 248-9666	(250) 248-2199
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[City : Penticton \(1\)](#)

Dale Charles Physiotherapy	302 399 Main Street	Penticton	V2A 5M4	(250) 493-7343	(250) 493-6458
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[City : Port Alberni \(1\)](#)

Rehabilitation In Motion	2996 Second Avenue	Port Alberni	V9Y 1Z2	(250) 723-9675	(250) 723-9699
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[City : Powell River \(1\)](#)

On Track Physiotherapy and Rehabilitation	106 - 7373 Duncan Street	Powell River	V8A 1W6	(604) 485-4660	(604) 485-4660
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[City : Prince George \(2\)](#)

Accelerated Sport & Spine Physiotherapy	Northern Sports Centre, 3333 University Way	Prince George	V2N 4Z9	250-960-5323	250-960-5324
Victoria Sports Physiotherapy Clinic	204-1669 Victoria Street	Prince George	V2L 2L5	250-564-3820	250-564-3819

[City : Prince Rupert \(1\)](#)

Prince Rupert OR1	3 - 222 - 3rd Ave. West	Prince Rupert	V8J 1L1	(250) 627-7255	(250) 627-7256
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[City : Richmond \(2\)](#)

BIM Richmond	#110 - 6651 Elmbridge Way	Richmond	V7C 5C2	604-233-2208	604-273-7662
CBI Physiotherapy & Rehabilitation Centre	217 - 4800 #3 Road	Richmond	V6X 3A6	(604) 279-8675	(604) 279-8672

[City : Squamish \(1\)](#)

Squamish Physio Sports & Spinal Manipulation Centre	Box 1970 - 38247 Cleveland Avenue	Squamish	V0N 3G0	(604) 892-5705	(604) 892-9283
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[City : Surrey \(6\)](#)

BIM Surrey	206 - 5500 152nd St	Surrey	V3S 5J9	604-574-8288	604-575-2272
CBI Physiotherapy & Rehabilitation Centre	202 - 7350 King George Highway	Surrey	V3W 5A5	(604) 572-6262	(604) 572-6260
Drake Medox Health Services	13817 - 103 Ave	Surrey	V3T 5B5	(604) 930-4517	(604) 584-6224

Hazelwood Physiotherapy Clinic	#303 - 16033 84th Ave	Surrey	V3S 2P1	(604) 543- 5131	(604) 543- 5154
LifeMark Physiotherapy	Suite 209, 12080 Nordel Wav	Surrey	V3W 1P6	(604) 591- 3633	(604) 591- 3660
Orion Health Surrey	120 -16555 Fraser Hwy	Surrey	V4N 0E9	(604) 575- 2325	(604) 575- 2326

#### [City : Trail \(1\)](#)

Devine Work Conditioning Program	1875 Columbia Avenue	Trail	VOG 1Y0	(250) 362- 7378	(250) 362- 7378
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#### [City : Vancouver \(5\)](#)

CBI Physiotherapy & Rehabilitation Centre	1867 West Broadway	Vancouver	V6J 1Y5	(604) 731- 3268	(604) 731- 4830
OT Consulting/Tr eatment Services	210 - 3438 Lougheed Hwy	Vancouver	V5M 2A5	(604) 215- 3660	(604) 215- 3669
Treloar Physiotherapy Clinic	505 - 686 West Broadway	Vancouver	V5Z 1G1	(604) 875- 6207	(604) 875- 6208
Work Ability Centre (for employees of Coast Health Authority only)	601 West 59th Ave	Vancouver	V6P 1S1	(604) 322- 8364	
Workshape Clinic	535 Hornby St	Vancouver	V6C 2E8	(604) 895 - 5794	(604) 684 - 9171

#### [City : Vernon \(1\)](#)

Vernon Jubilee Hospital	2101 - 32nd St.	Vernon	V1T 5L2	(250) 558- 1203	(250) 558- 1232
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#### [City : Victoria \(3\)](#)

CBI Physiotherapy & Rehabilitation Centre	2nd Floor, 1623 McKenzie Avenue	Victoria	V8N 1A6	(250) 370- 1731	(250) 370- 1391
Summit Injury Summit	605 Discovery St	Victoria	V8T 5G4	250-383- 3638	
Injury Management	204 - 940 Goldstream Ave	Victoria	V9B 2Y4	(250) 478- 8590	(250) 478- 8509

#### [City : Whistler \(1\)](#)

HealthX Whistler	Meadow Park Sports Centre, 8107 Camino Drive	Whistler	V0N 1B8	(604) 935- 9506	(604) 935- 8359
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#### [City : Williams Lake \(1\)](#)

Pro Physioworks	240 North MacKenzie Avenue	Williams Lake	V2G 1N6	(250) 398- 5566	(250) 398- 7857
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**City : Abbotsford (1)**

▼	CBI Physiotherapy & Rehabilitation Centre	4 - 34252 Marshall Road	Abbotsford	V2S 1L9	(604) 852- 5655	(604) 852- 5828
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**City : Calgary (1)**

▼	Lifemark Health (formerly Columbia)	2121 29th St. NE	Calgary	T1Y 7H8	(403) 297- 9500	(403) 219- 5340
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**City : Canmore (1)**

	Canmore Pain Clinic (Orion Health)	201 - 1205 Bow Valley Trail	Canmore	T1W 1P5	(403) 609- 2228	(403) 609- 2246
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**City : Chilliwack (1)**

	Chilliwack Occupational Rehabilitation Program	2 - 9145 Corbould St.	Chilliwack	V2P 4A7	(604) 792- 2141	(604) 792- 3511
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**City : Coquitlam (1)**

	CBI Physiotherapy & Rehabilitation Centre	630 - 2755 Lougheed Highway	Coquitlam	V3B 5Y9	(604) 464- 4341	(604) 464- 0431
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**City : Courtenay (1)**

	Rehabilitation in Motion	Suite 103 - 780 Grant Avenue	Courtenay	V9N 2T3	(250) 334- 9670	(250) 334- 9656
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**City : Dawson Creek (1)**

	Northeastern Occupational Rehabilitation Centre (NFORC)	10500 - 10th St	Dawson Creek	V1G 3T9	(250) 782- 3736	(250) 782- 3734
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**City : Kamloops (2)**

	Drake Medox Active Rehabilitation	164 Oriole Road	Kamloops	V2C 6E9	(250) 377- 0090	(250) 377- 0091
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	Royal Inland Hospital	311 Columbia	Kamloops	V2C 2T1	(250) 314- 2458, loc 458	(250) 314- 2339
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**City : Kelowna (2)**

	Kelowna General Hospital	2268 Pandosy Street	Kelowna	V1Y 1T2	(250) 862- 4206	(250) 862- 4207
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	Lifemark Health (formerly Columbia)	104 -1634 Harvey Ave	Kelowna	V1Y 6G2	(250) 860- 0171	(250) 860- 0181
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**City : Langley (1)**

Lifemark Health (formerly Columbia)	Unit # 101 20230 64th Ave	Langley	V2Y 1N3	(604) 514-9787	(604) 514-9788
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[City : Lethbridge \(1\)](#)

CBI Physiotherapy & Rehabilitation Center	120 - 4th Ave South	Lethbridge	T1J 4X6	(403) 320-2003	(403) 320-2381
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[City : Maple Ridge \(1\)](#)

Golden Ears Physiotherapy	11925 Haney Place	Maple Ridge	V2X 2P9	(604) 463-5509	(604) 463-5579
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[City : Nanaimo \(2\)](#)

Nanaimo Regional General Hospital, Work Ability Program	1200 Dufferin Crescent	Nanaimo	V9S 2B7	(250) 755-7683	(250) 755-7684
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Summit Injury Management	101 - 4300 Wellington Road	Nanaimo	V9T 2H3	(250) 729-0990	(250) 729-0991
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[City : Nelson \(1\)](#)

Kootenay Health Services Inc.	205 - 625 Front Street	Nelson	V1L 4B6	(250) 352-1116	(250) 352-1118
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[City : New Westminster \(1\)](#)

Orion Health New West	210 - 555 6th Street	New Westminster	V3L 5H1	(604) 515-0252	(604) 515-0323
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[City : Prince George \(1\)](#)

CBI Physiotherapy & Rehabilitation Centre	1310 5th Avenue	Prince George	V2L 3L4	(250) 562-3537	(250) 562-3547
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[City : Richmond \(1\)](#)

Back in Motion	110 - 6651 Elmbridge Way	Richmond	V7C 5C2	(604) 273-7600	(604) 273-7662
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[City : Squamish \(1\)](#)

Squamish Physio Sports & Spinal Manipulation Centre	Box 1970 - 38247 Cleveland Ave	Squamish	V0N 3G0	(604) 892-5705	(604) 892-9283
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[City : Surrey \(2\)](#)

Back in Motion	206 - 5500 152nd Street	Surrey	V3S 5J9	(604) 575-2262	(604) 575-2272
Orion Health Surrey	120-16555 Fraser Hwy	Surrey	V3S 2X3	(604) 575-2325	(604) 575-2326

[City : Vancouver \(4\)](#)

Lifemark Health (formerly Columbia)	230 - 181 Keefer Place	Vancouver	V6B 6C1	(604) 687-5911	(604) 687-3944
Orion Health Vancouver	201 - 3150 East 54th Avenue	Vancouver	V5S 1Z1	(604) 263-4998	(604) 263-5552
OT Consulting/Treatment Services	210 - 3438 Lougheed Hwy	Vancouver	V5M 2A4	(604) 215-3660	(604)215-3669
Work Ability - George Pearson Center	700 West 57th Avenue ; 601 West 59th Avenue (facilitv)	Vancouver	V6P 1S1	(604) 322-8364	(604) 321-9885

[City : Victoria \(2\)](#)

Summit Injury Management	605 Discovery Street	Victoria	V8T 5G4	(250) 383-3638	(250) 383-3053
Summit Injury Management	204 - 940 Goldstream Ave	Victoria	V9B 2Y4	(250) 478-8590	(250) 478-8509