

MUSCULOSKELETAL PROGRAM OF CARE (MSK POC)

Health Professional Quick Reference

The MSK POC is an evidence-based program for workers with musculoskeletal injuries that focuses on achieving the best functional outcomes.

Admission criteria

The MSK POC is for workers with:

- An allowed WSIB claim, within 8 weeks from the date of injury or recurrence
- No clinical evidence of red flags and no evidence of orange or yellow flags that are a barrier to participation in this active rehabilitation program
- A diagnosis of one injury or more *to a muscle, tendon, ligament, fascia, intra-articular structure or any combination of these structures, causing mild to moderate tissue damage (Grade I or II)*

Diagnoses which may be considered for exclusion from the MSK POC:

- Complete tears and ruptures (Grade III) that may require surgical repair
- Fractures
- Any condition that would preclude a worker from participating in an active rehabilitation program.

Program duration

The program duration is up to 8 weeks starting with the initial assessment and a minimum of 6 visits must be provided.

Initial Assessment Report

Submit the Initial Assessment Report within two working days after the initial assessment.

Treatment Interventions

The following treatment interventions should be used in the most effective combination, frequency and intensity, based on clinical judgement, the clinical findings, and on the functional needs of the worker:

- Education
- Activity modification

- Exercise therapy
- Manipulation and/or mobilization
- Massage
- Electro/thermal modalities
- Immobilization through bracing.

Outcome Measure

At the time of initial assessment and at discharge from the program, administer the Patient-Specific Functional Scale (PSFS)¹ and record the score on the Initial Assessment and the Care and Outcomes Summary Reports.

Communication with WSIB

Contact with WSIB is recommended when:

- Red, orange or yellow flags are identified that would warrant further evaluation outside the MSK POC
- Any other issues arise that impact the worker's ability to participate in the MSK POC.

The health professional must contact the WSIB when the worker is not expected to return to work with regular duties and hours at the conclusion of the MSK POC. This is essential for case management. Where WSIB is not informed of this before the end of the 6th week of the program, a reduced fee will be paid.

Care and Outcomes Summary (COS) Report

Submit the COS Report whenever a worker is discharged from the MSK POC within 2 working days from the last visit.

For more details please refer to the WSIB website, www.wsib.on.ca.

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