

Physiotherapy: Treatment Management Plan

Health care providers should deliver services according to the principles outlined in the [Clinical Framework for the Delivery of Health Services](#). The TMP is an important communication tool that requires Physiotherapists to demonstrate they are adopting the principles of the Framework in the treatment of the worker's injuries.

Contact details

Worker's name **Date of birth** **Claim No.**
Occupation **Employer**
Referring medical practitioner **Insurer**
Workplace rehabilitation provider (if applicable)

Clinical assessment

Date of injury **Date of initial consultation**
Number of consults to date **Number of consults since last surgery (if applicable)**
Physiotherapists' diagnosis
Area/s treated

Screening tools/questionnaires

(e.g. Orebro – DD/MM/YYYY; Initial score – 76; High risk of long term disability and failed return to work)

Tool	Date administered	Initial score	Interpretation of results	Date re-administered	Subsequent score	Outcome

Functional measures (select relevant activities)

(e.g. lifting - 10kg floor to waist, 15 repetitions; walking – 5km, moderate intensity, limited due to pain)

Functional activity	Initial/as last reported	Current	Expected/goal (within denoted timeframe)
<input type="checkbox"/> lifting – floor to waist			
<input type="checkbox"/> lifting – waist to shoulder height			
<input type="checkbox"/> working above shoulder height			
<input type="checkbox"/> sitting			
<input type="checkbox"/> standing			
<input type="checkbox"/> walking			
<input type="checkbox"/> pushing/pulling			
<input type="checkbox"/> bending/twisting/squatting			
<input type="checkbox"/> driving			
<input type="checkbox"/> other (specify)			

Briefly comment on the workers adherence to treatment

Biopsychosocial factors

Have you identified, or are you aware of, any factors that may impact the workers return to work?

Biological factors

Yes

No

Psychosocial factors

Yes

No

Other

Yes

No

If you have identified any factors that may impact the workers return to work, do you have any recommendations for addressing them?

(e.g. diagnostic imaging, specialist referral, reassurance, education regarding injury and treatment expectations, work site assessment, etc.)

Current work status

Hours

Pre-injury hours at work per week
Current hours at work per week

Current duties

- Pre-injury duties
 Alternative/modified duties
 Not working

- I would like more information about the duties and the associated physical demands of the workers pre-injury occupation/available duties

Return to work progression

Has the worker's hours and/or duties progressed in the last six weeks? Yes No

Provide details

Is the worker likely to return to the functional capacity required to perform their pre-injury duties?

Yes Anticipated timeframe

No Comment:

Unsure Comment:

Do you have any comments to assist the medical practitioner certify capacity for the worker?
(e.g. consider current functional measures, modifications to the workplace)

Proposed management plan

Physiotherapy consultations

Number of treatment sessions proposed to be conducted over weeks

Utilising service codes PB001, PC001 or PG001, as per the WorkCover WA rates, fees & payments for physiotherapy

Treatment proposed

Exercise based program

Supervised exercise programs require a cost proposal for prior approval by the insurer. Refer to the WorkCover WA rates, fees & payments for exercise-based programs

Have self-management strategies been implemented? Yes No

Physiotherapist's details

Name Telephone

Practice Email address

Signature Date:

A copy of this form has been sent to (please tick):

Insurer/Self-insurer Medical Practitioner Other (Specify)

Insurer approval

Note to insurer: It is expected that a response be provided to the physiotherapist within three to five business days of receipt of this TMP.

Approved Not Approved Further information required (specify)

Insurer contact name Telephone

Signature Date

Useful resources for physiotherapists

Links to screening tools

- Orebro ([Long-Form](#), [Short-Form](#))
- [STarT Back](#)
- [Outcome Measure Compendium](#)

Resources available at the WorkCover WA website

- [Clinical Framework for the Delivery of Health Services](#)
- [Using the Flags Model: A practical guide for GPs](#)
- [Your role in supporting injured workers – a snapshot of the clinical framework](#)

Explanatory notes – completing the TMP

The TMP is intended to provide greater clarity about future treatment options for workers who are likely to require more than ten physiotherapy consultations. It will also provide approved insurers and self-insurers with a mechanism to determine whether the treatment and costs are reasonable under the workers' compensation legislation.

The following notes may assist physiotherapists and insurers:

Notes for physiotherapists

- A TMP may be requested or required when the physiotherapist is of the view that treatment will be required beyond ten consultations.
- The TMP may be initiated by a physiotherapist or requested by an approved insurer or self-insurer (note - there is a maximum combined total of three reports permitted without prior approval from insurer or self-insurer).
- A copy of the TMP should be provided to the worker, treating medical practitioner and insurer/self-insurer.
- All sections of the TMP should to be completed.
- Completion of the TMP is a billable item – refer to item PR003 of the [WorkCover WA rates, fees & payments for physiotherapy](#).
- “Physiotherapist’s diagnosis” may differ from the medical practitioner’s injury description on a certificate of capacity. This information will assist the claims management process by highlighting the need to obtain clarity around the diagnosis.
- You are not required to elaborate on the self-management strategies you have implemented. It is expected you empower the worker to manage their injury, through education, setting expectations, developing self-management strategies and promoting independence from treatment.

Notes for insurers and self-insurers

- Insurers and self-insurers have a responsibility to determine whether treatment for workers is “reasonable” (pursuant to Clause 17 – Payment of medical and other expenses of Schedule 1 to the [Workers' Compensation and Injury Management Act 1981](#)).
- The TMP may be used as a mechanism to assist in determining whether any treatment proposed by a physiotherapist is a “reasonable” expense.
- It is desirable that insurers and self-insurers respond to physiotherapists in a timely manner. To avoid potential delays in physiotherapy treatment, the benchmark for responding to physiotherapists is within three to five business days from receipt of the TMP.