

# Hurt at Work?



## Direct Access to Physiotherapy

Did you know that if you are hurt at work, you can start physiotherapy treatments

**WHILE the WCB makes a decision on your claim?**

As a worker on Prince Edward Island, you have direct access to approved physiotherapists for assessment of work-related injuries. If you are hurt at work, get the immediate first aid you need, report your injury to your employer, then follow these steps:



- It is important to have your injury assessed as soon as possible, as early access to care has a significant positive impact on your recovery.



- If you are hurt at work, contact a physiotherapy clinic from the list provided and request an assessment.

- Be sure to inform the clinic that your injury is work related.
- An appointment will be provided within 48 hours of your request.



- File your claim online by going to the WCB website **wcb.pe.ca**. This is the quickest way to start the claim process.
- You also have the option of filing your claim by completing the Worker's Report fillable form and sending it by email, mail or fax.

Email: [workerservices@wcb.pe.ca](mailto:workerservices@wcb.pe.ca)

Mail: WCB of PEI, 14 Weymouth Street, PO Box 757, Charlottetown, PE, C1A 7L7

Fax: 902-368-5696



- There are many positive health benefits to staying at work and returning to work as soon as possible following an injury.
- Modified duties are a safe and effective way to remain at work while recovering.
- Follow the recommendations for returning to work prescribed by the physiotherapist to ensure the best results and a safe recovery.



- Receiving treatment? Attend all of your scheduled appointments.
- Complete your home exercise program provided by your physiotherapist.

For more information:

Phone 902-368-5680

Toll-free 1-800-237-5049

[wcb.pe.ca](http://wcb.pe.ca)

