

About your *Recovery Options Review*

What is it and why have I been referred?

The *Recovery Options Review* is an early review to check-in with you and ensure you are on the right track to recovery.

When you understand your injury and feel in control of your recovery, you can optimise your rehabilitation. We aim to help you get to this point early on.

The review involves a check of what you understand about your problem and the current treatment plan in place. You will also complete some questionnaires and have a thorough assessment aimed at making sure your recovery is on track.

Usually your rehabilitation provider, doctor, treating therapist or insurance / work representative will refer you to Pain Options for this review.

Pain Options is recognised as an industry leader in specialist services for people with work-related pain and injuries.

Your review will be conducted by a Pain Options senior physiotherapist. Our post-graduate trained physiotherapists have the expertise to help ensure you are on track with your musculoskeletal pain problem or injury.

What will happen at my appointment?

You will typically be booked for a one-hour consultation, where you will get the opportunity to discuss your problem in a friendly and confidential environment.

Our review includes a comprehensive clinical examination to establish:

- a list of factors affecting your recovery
- a clear recovery plan

How to prepare for your visit

- Make a list of concerns / questions
- Bring any test and scan results
- Consider bringing a partner or other support person if you like
- Wear clothes you are comfortable to move in. It is helpful if we can see the area where you have pain

What happens next?

After your appointment we will send a report to your referrer. You will also receive a copy of your report.

We will also plan a time to check back in on your progress (in person or over the phone).