

## Additional specialized services include:

If the interdisciplinary team determines that the client requires additional assistance to move forward in their rehabilitation and/or return to work, the following services may be recommended:

- Splints, braces
- Prostheses, orthotics
- Dominance hand transfer assessment and training
- Keyboard assessment and training
- Psychological treatment
- Pharmacist consultation
- Ergonomic Assessment
- Upper Extremity Functional Assessment Evaluation (FCE)
- Return to Work Liaison involvement
- Work site Job Demands Analysis
- Work site Ergonomic Assessment

## Health Sciences North (HSN) is a WSIB Specialty Clinic Provider offering the following:

- Hand and Wrist Specialty Clinic
- Shoulder and Elbow Specialty Clinic
- Early Shoulder Physician Specialist Assessment
- Amputee and Prosthetics Specialty Clinic
- Function and Pain Program
- Acute/Subacute and Worker rehab Treatment components (Physiotherapy/ Occupational Therapy/Registered Kinesiologist)

### Need More Information?

If you would like to discuss the details of our program please contact us at the number indicated below.

**705.523.7296 option 2**

**Toll free 1 866.469.0822  
ext. 7296**

**Fax 705.523.7116**

## Shoulder and Elbow Specialty Clinic

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Community Care and Rehabilitation  
First Floor, North Tower  
Ramsey Lake Health Centre



Part of  
Forward to Function



Health Sciences North  
Horizon Santé-Nord

41 Ramsey Lake Road  
Sudbury ON P3E 5J1  
[www.hsnsudbury.ca/f2f](http://www.hsnsudbury.ca/f2f)



Health Sciences North  
Horizon Santé-Nord

*(disponible en français)*

## Program Overview

Our specialized Shoulder and Elbow team have an expertise in the care of clients with work related upper extremity hand and wrist injuries.

The program provides assessments within 10 business days from the Workplace Safety and Insurance Board (WSIB) referral date, appropriate diagnostic testing and/or consultations as well as treatment for clients with hand and wrist injuries.

Our dedicated interdisciplinary team includes the many professionals who will work with the client through various stages of their recovery integrating safe return to work.

Our team members include but are not limited to:

- Surgeons (Orthopaedic/ Plastic)
- Psychiatrist
- Clinical Leader
- Registered Kinesiologist
- Occupational Therapist
- Pharmacist
- Physiotherapist
- Psychologist
- Registered Nurse

## Who Can Refer?

Referrals are received from the Workplace Safety and Insurance Board (WSIB) Case Managers and Nurse Consultants.

Health Care Practitioners can also recommend to WSIB that a referral be facilitated to the Hand & Wrist Specialty Clinic.

If these services can help with your care, please contact your WSIB Case Manager/Nurse Consultant.

## Our highly skilled and caring team provides the following services:

- Timely access for Comprehensive Assessment within 10 business days of WSIB referral
- Clarifying and/or establishing a diagnosis and prognosis
- Arranging for and performance of any additional diagnostic testing and/or consultations as required (e.g. x-rays, MRI, nerve conduction, EMG)
- Providing treatment and return to work recommendations ; providing such treatment as approved by WSIB
- Determining function and identifying limitations and/or restrictions for return to work and/or stay at work
- Depomedrol injection same day of appointment (if required and client consents)
- Address specific splinting/bracing/gloves needs (if required)
- Discussion and education with the client regarding the assessment and findings, treatment and return to work plan
- Schedule clinical follow-up (if required)
- Preparation of and submission of Interdisciplinary Narrative Report

## Specialty Clinic Process

### Assessment Services

#### **Comprehensive Assessment**

This consists of a file review and an in depth physical and functional assessment by a Physician Specialist and Therapist (Occupational Therapist or Physiotherapist).

#### **Follow-up Assessment**

This assessment is used for clients who have undergone a Comprehensive Assessment and require a follow up. The client will see the Physician Specialist and Therapist for follow-up following medical investigations or to ensure appropriate recovery and safe return to work.

#### **Reassessment**

This assessment is used for clients who have previously had a Comprehensive Assessment and WSIB has requested a reassessment to evaluate the client again.

### Treatment Services

Our specialized treatment programs include a combination of approaches as appropriate and individualized to the client's recovery and return to work needs.

- Implement treatment recommendations made during assessment and/or follow up
- Therapy is outcome focused and time limited to improve functional recovery and return to work
- Education regarding injury and rehabilitation/return to work process
- Exercises to improve function and range of motion (ROM)
- Provided with a home exercise program
- Work hardening at the treatment facility