

# Early Intervention Programme



 TBIhealth

## TBI Health Early Intervention Programme

TBI Health has partnered with your employer to provide an Early Intervention Programme for those experiencing pain or discomfort.



It is a quick response service to help you to manage pain or discomfort so that you can continue with, or return to your everyday activities.

This programme is designed to address your pain or discomfort before it leads to an injury.

## What to expect

- A workplace assessment and/or clinic-based physiotherapy assessment with one of our fully qualified health professionals.
- Review of the possible factors that may be contributing to your pain or discomfort.
- A focus on self-management strategies to empower you to take control, such as exercises, advice and education.

## Before your assessment

- If the assessment is to be carried out in your workplace, ensure there is a private space available to meet with your therapist if possible.
- Allow approximately 40 minutes for the initial clinic assessment or 60 minutes for initial workplace assessment.
- Inform your therapist ahead of time if you need to reschedule your appointment either by contacting them directly or phoning **0800 824 432**.

If you don't have an early intervention assessment booked, but you think you'd benefit from one, speak to your manager now. They will be able to assist.

## FAQs

For FAQs on our Early Intervention Programme, go to [tbihealth.co.nz/services/well-at-work](https://tbihealth.co.nz/services/well-at-work).

## Who will help me?

TBI Health is the rehabilitation provider contracted to deliver your workplace Early Intervention programme.

All of TBI's therapists are fully qualified and experienced musculoskeletal practitioners. They all have an understanding of your workplace, the physical tasks you do and the demands of your job. This means they are able to give you the best care and advice to help you stay fit for work.

## About TBI Health

TBI Health provides a comprehensive range of physiotherapy, injury management and rehabilitation services customised for you to give you the help you need, when you need it.

With clinics and services across New Zealand, we bring together one of the country's largest teams of health professionals supporting recovery at home, at work or within our national network of TBI Health clinics.



[www.tbihealth.co.nz](http://www.tbihealth.co.nz)

**0800 824 432**

 **TBIhealth**

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