



■ PERSONALIZED CARE  
PROGRAM FOR  
SPRAINS & STRAINS



Programme de soins personnalisés

**DES ENTORSES**  
et des blessures musculaires

Québec 

## THE **PERSONALIZED CARE PROGRAM** FOR SPRAINS & STRAINS IS:

- *a program of care made available to people who have sustained soft tissue injuries in an automobile accident;*
- *quick access to a full range of proactive care and services;*
- *timely care dispensed to accident victims for optimal recovery;*
- *personalized accompaniment of an accident victim in an ongoing way to help the person recover the ability to safely resume usual activities as soon as possible;*
- *a tool for front-line health care professionals.*

A road accident victim is directed to physiotherapy during the week that follows the accident, and given care that is tailored to work-related functional capabilities and the teaching of the effects of soft tissue injuries on those skills, which the physiotherapist imparts to the patient.

A personalized treatment plan can last up to 18 weeks.

## TIMELY APPROPRIATE CARE

### WHAT TO DO, to have your patient benefit from the Program?

If on the initial visit, your patient presents with a sprain or other soft tissue injury and in your clinical judgment, a quick recovery is not likely, you need only:

- give your patient a prescription for **physiotherapy**;
- give your patient the address and telephone numbers of physiotherapy **clinics taking part in the Program**.

The SAAQ has established partnerships with physiotherapy clinics and assessment centres across Québec.

# RECOVERY

## **WHEN will the patient start care?**

Within days of the accident.

## **WHAT TYPE OF TREATMENT will the patient receive?**

Your patient will be given care that is adapted to his/her needs and based on education about the nature of the injury, pain management, symptom relief and relapse prevention.

Physicians are sent progress reports by the physiotherapists, who can be consulted to ensure follow-up. Assessing physicians with the SAAQ also stand ready to discuss proposed treatment with the patient's doctor.

## **WHAT IF the patient's recovery lags?**

Your patient could be referred to an assessment centre where an interdisciplinary team comprising a physician, a physiotherapist, an occupational therapist and a psychologist will meet with the patient, to evaluate functional capabilities, psychological health or medical conditions and go over points with the patient.

A personalized care program could be made available to the patient on an intensive basis of 5 and one-half hours daily, 5 days a week, for up to 7 weeks.

# CARE

## CARE CONTINUUM

MEDICAL TREATMENT

### INJURY

### LESION

1  
week



Physical therapy adapted  
to acute phase

4  
weeks



Work conditioning  
physiotherapy

8  
weeks



Work fitness assessment (evaluation  
of functional ability, medical and  
psychological assessment)

10  
weeks



Interdisciplinary program

18  
weeks

# INFORMATION

***Call (418) 528-4025, from within the Québec City area or 1 866 822-6963 (toll free)***

for the list of physiotherapy clinics and assessment centres taking part in the Program  
or  
for an information session by an assessing physician with the SAAQ.

***Go to this Web address for health care professionals:***

**[www.saaq.gouv.qc.ca/sante](http://www.saaq.gouv.qc.ca/sante)**

***Société de l'assurance automobile***

**Québec**

