



## Preparing for work after your injury

As you progress with your rehabilitation, you will start to actively prepare to return to work. This requires careful planning, and your therapist will work closely with you, your rehabilitation team and your employer to:

- understand the work you do and your workplace
- establish your needs for any equipment or strategies that will help you at work
- understand and accommodate your ongoing therapy requirements
- ensure your employer is well-equipped to support you when you return to work, including understanding how to access ongoing advice and support
- help you to explore other options if you can't return to your previous role or employer.

Depending on your injury, you may experience some of the following issues.

### Fatigue and tiredness

Most people need to build up their physical and 'thinking' endurance for work activities. Your therapist will help you establish a work routine, which may include a gradual return to normal duties and appropriate rest breaks to 'pace' yourself.

### Physical changes

These may affect your work tasks as well as how you travel to and from work. For example, sitting at a desk or walking, standing, bending and lifting may be more difficult.

You may also have visual problems that make it difficult to use a computer or work in a brightly lit office. Your therapist will carefully assess your physical capacity and your work environment and may suggest ways to modify the way you do things or equipment to enable you to work more efficiently and safely.

### Changes to your thinking skills

These may affect your ability to concentrate, multi-task or remember things at work. Your rehabilitation team may be able to help you practise relevant work activities and develop strategies that will help you manage these changes.

### Mood changes and emotions

These are common after a serious injury and can affect how you manage at work. Psychological support can be helpful, and your rehabilitation team will discuss options and strategies with you.

### Pain

Pain can affect your concentration, physical function and motivation. Strategies for managing pain will be part of the planning process and may include how to adapt tasks and pace yourself.

