

# EXERCISE PHYSIOLOGISTS DELIVERING SERVICES IN THE NSW WORKERS COMPENSATION SYSTEM

The State Insurance Regulatory Authority (SIRA) regulates insurance for workers compensation, motor accidents CTP, and home building compensation in NSW.

Exercise physiologists must be accredited with ESSA to deliver TREATMENT or WORKPLACE REHABILITATION services in the NSW workers compensation system.

It's also important to know that SIRA approval requirements to deliver treatment services to workers in NSW are different to those required to deliver workplace rehabilitation services.

Click on the links below to find out whether you are approved to deliver these services.

**DELIVERING  
TREATMENT SERVICES**

**DELIVERING WORKPLACE  
REHABILITATION  
PROVIDER SERVICES**

# DELIVERING TREATMENT SERVICES IN THE NSW WORKERS COMPENSATION SYSTEM

If you are a SIRA approved Accredited Exercise Physiologist (AEP) you can deliver treatment services.

All SIRA approved AEPs are listed on the [SIRA workers compensation allied health practitioner search website](#).

## IF YOU WOULD LIKE TO OBTAIN SIRA APPROVAL TO DELIVER TREATMENT SERVICES YOU NEED TO:

- check that you meet all SIRA approval requirements outlined in the [SIRA guideline for approval of treating allied health practitioners](#);
- complete the online allied health training hosted by the [Personal Injury Education Foundation](#);
- provide all relevant documentation with your application form to SIRA workers compensation. Refer to the [SIRA workers compensation allied health practitioner approval webpage](#);
- ensure you have confirmation from SIRA of your approval number before delivering any treatment services;
- once approved, adhere to *SIRA's Guideline for approval of allied health practitioners*, the *Workers Compensation (Accredited Exercise Physiology Fees) Order* and *A workers compensation guide for allied health practitioners*.

# DELIVERING WORKPLACE REHABILITATION SERVICES IN THE NSW WORKERS COMPENSATION SYSTEM

Are you employed by a SIRA approved workplace rehabilitation provider (WRP)? (HWCA Guide, p.4).

Yes

No

You need to be employed by an approved WRP to deliver workplace rehabilitation services.

**General workplace rehabilitation consultant services**

Accredited exercise physiologists meet the minimum qualifications to deliver services as a rehabilitation consultant.

**Please note:** If you have less than 12 months' experience delivering workplace rehabilitation services, you are required to complete an induction program and receive professional supervision for at least 12 months (HWCA Guide pp. 10-11)

**Functional and/or workplace assessments**

To be approved to conduct functional and / or workplace assessments, accredited exercise physiologists must have:

- ESSA certification to conduct functional and/or workplace assessments
- **OR**
- an approval number issued by the NSW Authority that begins with '02 -' to conduct functional assessments
- an approval number issued by the NSW Authority that begins with '03 -' to conduct workplace assessments

You can contact;  
ESSA – to find out if you have ESSA certification.

SIRA – at [compliance.info@sira.nsw.gov.au](mailto:compliance.info@sira.nsw.gov.au) to find out if you have an approval number issued by the NSW authority.

**Note:** You must also have at least 12 months' experience delivering workplace and/or functional assessments, or work under the supervision of a consultant who meets the minimum requirements and is experienced in the delivery of workplace/functional assessments. (NSW Supplement p.11)

## References

HWCA Guide: *Heads of Workers Compensation Authorities. Guide: Nationally consistent approval framework for workplace rehabilitation providers.*  
NSW Supplement: *SIRA NSW Supplement to the Guide: Nationally consistent approval framework for workplace rehabilitation providers.*