What is an injury management consultant?

Injury management consultants (IMCs) are registered medical practitioners approved by the State Insurance Regulatory Authority (SIRA). They have specialised skills to help you and your doctor with your recovery at/return to work.

IMCs are highly experienced in:

- managing work related illness/injuries
- assessing what you can do
- communicating and negotiating with doctors, employers and insurance companies.

Your employer or insurer may refer you to an IMC if you are having difficulty returning to work safely.

The IMC will assist you, your doctor and employer to understand your ability so that everyone is clear about the type of work you are able to do and the best timing for upgrades.

What will the injury management consultant do for me?

**Step 1**

The IMC will:

- review your medical and rehabilitation reports, as well as any other relevant documentation regarding your condition
- discuss your medical condition and your recovery at/return to work with your nominated treating doctor
- discuss your capacity for work and assist with overcoming any barriers that prevent you from upgrading.

**Step 2**

They may also:

- examine you
- talk to other treating health professionals (for example, your physiotherapist)
- talk with your employer and/or approved workplace rehabilitation provider (if one is allocated to the claim) about the workplace and the type of work you do
- consider whether the work options offered by your employer are consistent with your capacity for work
- discuss the NSW workers compensation system with you to answer any questions you may have
- visit your workplace.
Step 3

Then, the IMC will write a report that will be provided to you, your doctor, insurer and employer. You should ask your doctor to discuss the report with you.

The IMC will not:

• give you advice about how to treat your injury
• arrange treatment for you
• take over from your doctor
• discuss liability or impairment.

What should I do if asked to see one?

The insurer will consult you and provide you with reasons for making the referral. If you have any questions or concerns, you should contact them.

When attending the consultation, you should:

• take all important medical information with you – medical reports and your certificate of capacity, injury details and x-rays/scans
• be on time for the appointment
• be honest and straightforward with your answers – the IMC is there to help you
• wear clothes that are suitable for a medical examination
• take the names and phone numbers of the contact people at your workplace (for example – supervisor, return to work coordinator)
• be prepared to discuss your normal job and other types of jobs at your workplace. It may be helpful to take your job description with you.

If the IMC asks you to do something that may cause pain, you should mention this.

Further information

For further information about IMCs, call our Customer Service Centre on 13 10 50 or refer to our injury management consultants page.

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