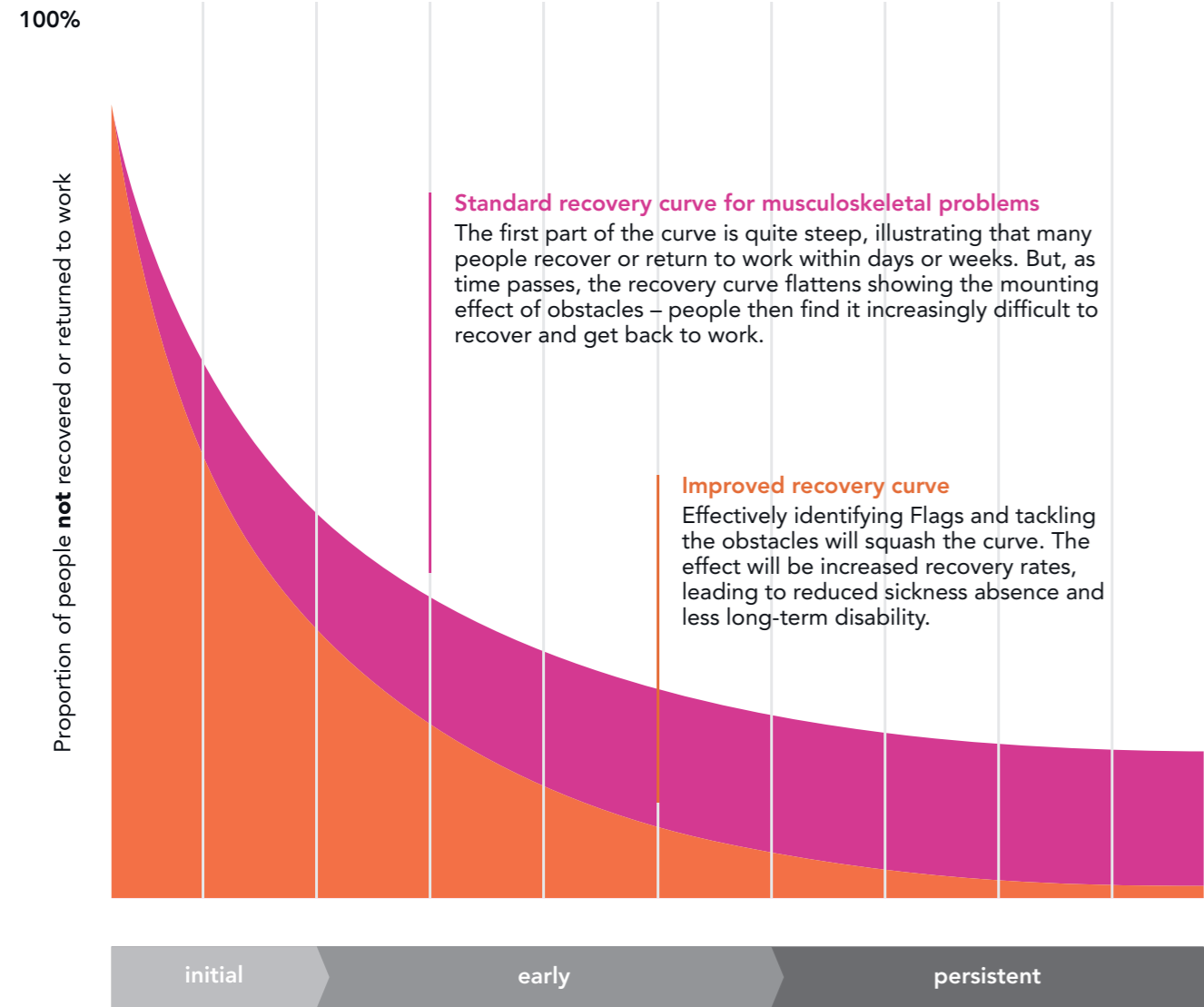


timing

shifting the recovery curve



Timeline - increasing time since onset of symptoms (or going off work)

Implications for Evaluation

Difficulties increase over time. Usually the impact of psychosocial factors increases, and new issues begin to emerge.

This is important both for sequential evaluation, and the allocation of intervention resources.

A stepped approach to both evaluation and intervention is required.

Initial phase, within about first 2 weeks (often referred to as 'acute')

- Focus – symptomatic relief, maintain activity level.
- Resources - high proportion returns to activity and work in initial period: intensive resources not required.

Early phase, between about 2 and 12 weeks ('sub-acute')

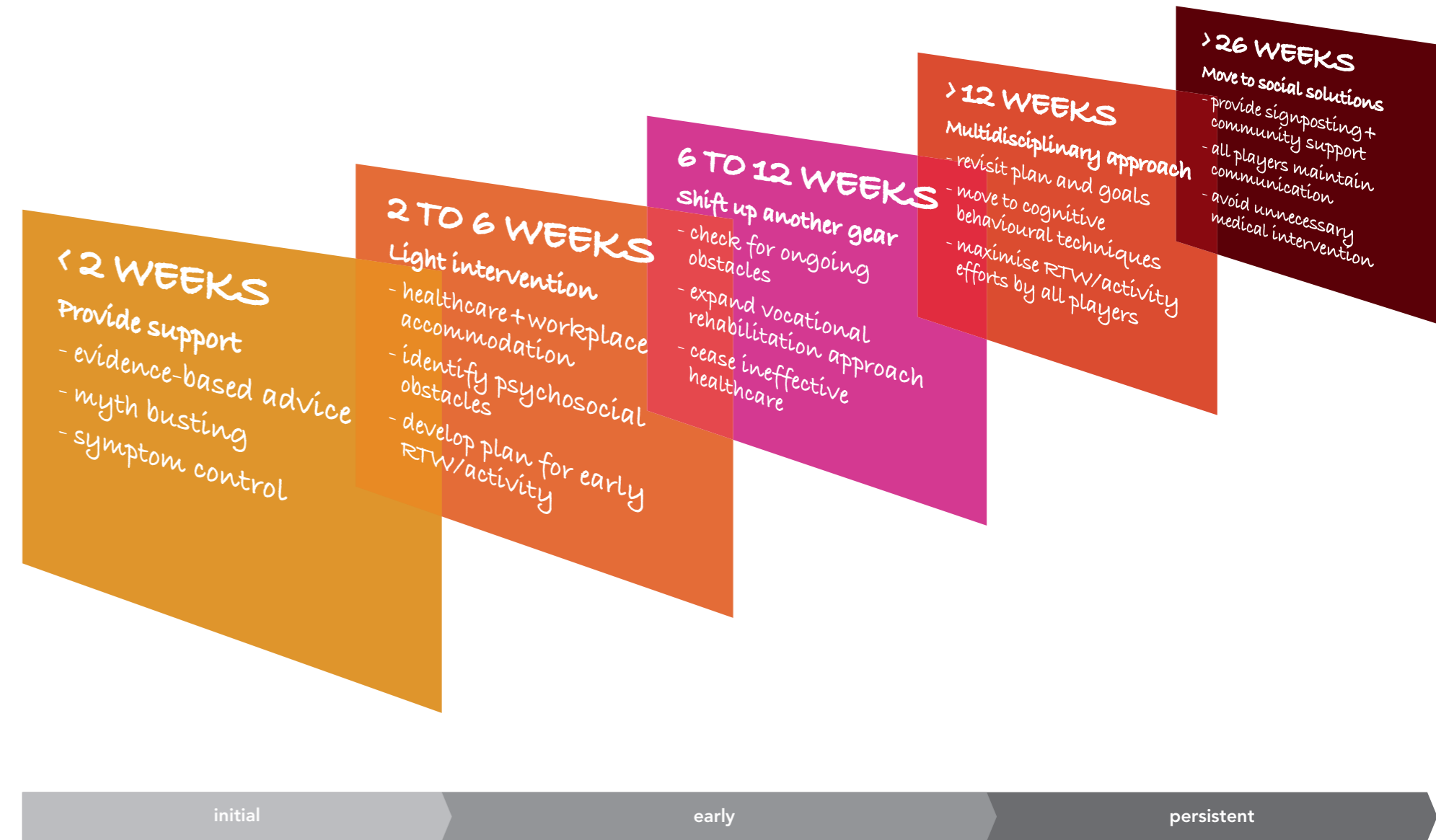
- Focus – early return to work/activity: healthcare and workplace management needs a consistent work focus: workplace must be accommodating.
- Resources - step up input and resources: this is the optimal time to prevent the development of long-term consequences, including work loss.

Persistent phase, after about 12 weeks ('chronic')

- Focus – achieving maximal level of function and participation: consider shifting goals.
- Resources – requires more resources, and goals more difficult to achieve.

stepped care

just what's needed when its needed



Timeframes - progressively fewer people remain as time passes - step times are approximate