

## Get the **FACTS** about the new *Guidelines*.

### Get the **Best Treatment**

The new *Guidelines* were created to ensure you get the **best medical care for your injury**. So you can get well. So you can get back to work. So you can get on with your life!

### Developed by **Doctors**

The *Guidelines* were developed based on input from **expert doctors around the country who specialize in helping people like you**: people who have been injured on-the job.

### Evidence Based

The *Guidelines* are evidence based - that means they are supported by the **strongest scientific data** available.

### No Red Tape

The *Guidelines* were also designed to reduce red-tape. Most of the treatments recommended by the *Guidelines* are pre-approved. That means **less time waiting for treatment** — so you can start feeling better sooner!

### Learn more at:

[http://www.wcb.state.ny.us/  
content/main/hcpp/  
MedicalTreatmentGuidelines/  
FAQs.jsp](http://www.wcb.state.ny.us/content/main/hcpp/MedicalTreatmentGuidelines/FAQs.jsp)



## New York State

### Workers' Compensation Board

20 Park Street  
Albany, New York 12207

Customer Service Telephone Number:

(877) 632-4996 toll free

(518) 462-8880

email: [general\\_information@wcb.state.ny.us](mailto:general_information@wcb.state.ny.us)

## GET THE FACTS

The New York State  
Workers' Compensation Board

### **Medical Treatment Guidelines**

For injuries to the  
**Neck, Back,  
Shoulder, and Knee**



# GET THE FACTS

There are lots of **MYTHS** about the *Guidelines*. Protect your rights — get the **FACTS!**

**The *Medical Treatment Guidelines* provide the best treatment available if you injure your neck, back, shoulder, or knee while working.**

**In addition, when your doctor uses the *Guidelines*, it ensures you will get the treatment you need quickly.**

**MYTH:**  
**I will not be able to get the treatment I need as a result of the new *Guidelines*.**

**FACT:**  
Wrong! The *Guidelines* are designed to help you get the **best medical care for your injury**. They were **created by doctors** who specialize in treating people just like you — people who have been injured at work.

**MYTH:**  
**The *Guidelines* do not allow for exceptions that I may need.**

**FACT:**  
The *Guidelines* are **designed to be flexible**. They recognize that all treatments are not appropriate for everyone.

The *Guidelines* allow your doctor to request permission to use a different approach for your care.

**MYTH:**  
**If I have a flare-up or my condition gets worse, I won't be able to get medical care.**

**FACT:**  
You will be able to get the treatment you need. The *Guidelines* won't keep you from getting necessary medical care if your injury gets worse or flares up.

**MYTH:**  
**I won't be able to get physical therapy, chiropractic treatment, or acupuncture.**

**FACT:**  
The *Guidelines* recommend the use of physical therapy, chiropractic treatment, and acupuncture. It's important for your doctor to show that the treatment is helping you get better. If the treatment is not helping, your doctor and you need to find a treatment that will help.

**MYTH:**  
**I will only be able to get pain medicine during the first weeks of injury.**

**FACT:**  
The *Guidelines* will not keep your doctor from ordering appropriate pain medicine.

In most cases, injured workers need prescription pain medicine for only a short time. If you still have pain, talk with your doctor. Your doctor may continue to prescribe pain medicine but to do so, he or she must explain why it is **medically necessary** for you to continue to take them.

The *Guidelines* are designed to help your doctor balance the goals of getting you better, relieving your pain, and preventing harm.

**MYTH:**  
**Workers' Compensation no longer pays on-going medical benefits for my injury.**

**FACT:**  
The *Guidelines* do not change your basic rights under Workers' Compensation law; you still have the right to receive necessary medical care when you are injured while working.

Medical costs will be paid provided your doctor continues to follow the *Guidelines*.

**MYTH:**  
**The purpose of the *Guidelines* is to limit care and reduce costs.**

**FACT:**  
The main goal of the *Guidelines* is to ensure you receive the **highest quality medical care as quickly as possible** — so you can get better and return to work. Overall costs go down when injured workers get timely, quality care.

**MYTH:**  
**It will take much longer for me to get the treatment I need.**

**FACT:**  
With the new *Guidelines*, **most treatments require no prior-authorization**. That means when your doctor uses the *Guidelines*, you can get the treatment you need even faster!