



Is My Client Ready for an Exercise Physiology Program?

**A quick checklist to guide timely
and effective referrals**

Introduction

Injury recovery doesn't end when the pain settles. After the acute phase has passed, many clients still need structured support to rebuild strength, restore confidence and return to meaningful activity - especially when work is the goal.

This is where Exercise Physiologists (EPs) come in. From around the 12-week mark post-injury, EPs are ideally placed to step in with targeted, work-focused rehab programs that go beyond symptom relief and focus on long-term function.

But how do you know when a client is ready for referral?

That's where this quick checklist comes in.



How to Use This Checklist

This checklist is designed to help you quickly assess whether a client on your caseload is ready for a referral to Exercise Physiology (EP).

Use it as a tool during key points in claim management, such as:

- When you first receive a new claim and are planning the rehab pathway
- After completing a case review where progress has stalled or plateaued
- When reviewing updated medical certificates or treating practitioner reports
- After receiving feedback from the client about ongoing barriers to recovery
- Anytime the client's return to work still feels out of reach despite time passing

Review the 10 statements below and tick any that apply to your client. If 5 or more boxes are ticked, it's a strong indicator that your client is ready for referral to an EP and would benefit from structured, work-focused rehabilitation to rebuild function and confidence.

"We are always stronger than we know" -
Arnold Schwarzenegger

Referral Readiness Checklist

Tick the statements below that are true

- ☐ The client is 8–12+ weeks post-injury and has plateaued in their current recovery
- ☐ They have ongoing functional limitations (e.g., lifting, walking, sitting, standing)
- ☐ Confidence to move, lift, or return to normal activity remains low
- ☐ Pain has stabilised but they haven't regained pre-injury strength or endurance
- ☐ They are not currently engaged in any progressive strengthening or conditioning program
- ☐ Return to work feels distant or overwhelming for the client
- ☐ The treating physio has indicated the acute injury is healing or healed
- ☐ The client has comorbidities (e.g., fatigue, mental health, obesity) that would benefit from movement-based rehab
- ☐ You've had multiple case reviews without significant recent progress
- ☐ The client would benefit from a structured, measurable, and goal-driven approach to recovery

What Now?

If you've ticked 2 or more boxes, you should be considering an EP program for your client.

A proactive referral at this stage can:

- Prevent further deconditioning
- Rebuild work-related function
- Improve return-to-work timelines and outcomes
- Reduce long-term treatment dependency

[!\[\]\(e474458956c9a37fbf9586ddb60a7fa1_img.jpg\) Click Here and Make a Referral Now](#)

Let's get your client moving forward again - stronger, more confident and ready for what's next.