

## Twisted right knee due to manual handling

A 39 year old man slipped on paving whilst at work on 24 June 2011, injuring his right knee. His employer referred him directly into QBE's minor injury management service for rehabilitation.



### Rehabilitation

- The injured party was assessed six weeks post injury and was still reporting symptoms in his right knee but also his left knee and hip area, thought to be a result of compensation and over reliance on the unaffected leg.
- The injured party also reported confusion with his employer over the reason for his absence from work.

### The case manager

- Arranged a private physiotherapy assessment which confirmed the primary diagnosis of a strained medial collateral ligament of his right knee. 3 sessions were funded, with the key focus being on self management - after which he made a full recovery and subsequently discharged.
- Liaised with the injured employee and his employer to resolve the misunderstanding - as a result he commenced a return to work on 28 November 2011.



## Key facts

Estimated RTW duration without rehabilitation	24 February 2012
RTW duration with rehabilitation	24 November 2011
Total Rehab costs	£495
Days saved	90
Insured absence cost savings	£21,060
EL Claim	None received to date
Potential Claim Value	£16,000
Claims Saving	£2,000 - £2,500

## Results

- Mediation was provided between him and his employer, resulting in him returning to work 2 weeks post rehabilitation involvement – on 24 November 2011. Had this issues not been resolved it could have been a significant barrier to successfully returning the injured employee to work.
- A short treatment programme, focusing on self injury management resulted in a full recovery.

## Further information

If you would like any further information or advice on our rehabilitation service please contact the QBE Rehabilitation Team on **+44 (0)20 7105 4000**.

For more information on QBE visit:

**[www.QBEurope.com/rehabilitation](http://www.QBEurope.com/rehabilitation)** or contact your broker.

### QBE Insurance Group

Plantation Place 30 Fenchurch Street London EC3M 3BD  
tel +44 (0)20 7105 4000 [www.QBEurope.com](http://www.QBEurope.com)

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