

BNAP



BACK & NECK ASSISTANCE PROGRAM



DO YOU HAVE BACK & NECK PAIN?

Workability has developed a best practice rehabilitation program used by accredited physiotherapists, occupational therapists and doctors. This program helps you take control of your pain and your activities, so that you can get back to your life. We call it BNAP – the Back & Neck Assistance Program.

WHAT IS BNAP?

BNAP is an early intervention, functional rehabilitation program driven by physiotherapists, occupational therapists and doctors. We've developed it to improve your pain and normalise function so that you can get back to Work and Life.

All BNAP therapists and doctors are trained and accredited by Workability to assess and treat your back or neck condition. And all staff members are coached on quality assurance measures to ensure that you receive the best possible care and attention.

WHY BNAP?

Back and Neck pain is common, but pain that is present on most days for more than 3 months starts disabling you for work and life. And the longer the condition continues, the greater the chances of disability.

Patients often undergo investigations such as multiple X-rays and MRIs, along with doctors' and specialists' appointments that can often end in surgery. Yet the disability and repeat surgery in South Africa is about 4 times higher than international statistics. Much of this can often be avoided by an early intervention program like the Workability's BNAP Program.

WHAT BENEFITS SHOULD YOU EXPECT?

- You will receive a comprehensive initial assessment by a physiotherapist, a doctor and, if necessary, an occupational therapist.
- A physiotherapist will work with you to set treatment goals. Depending on your risk category, you will need to attend anything from one to twelve sessions.
- As part of the treatment, the therapist will tailor a personalised treatment plan that includes structured exercise and a home routine.
- You will receive pain management strategies.
- Indlela, your Workability patient app, gives you direct access to your rehab team, tele-health, a health library, your exercises programs and empowers you to navigate your Way Back to Work and Back to Life.

HOW MUCH DOES IT COST?

If your medical aid has a contract with Workability and you are authorised for the program, then the BNAP program will not cost you anything as the full cost of BNAP is covered by your medical aid and is not taken from your medical savings account (T&C apply).

WHO DOES WHAT IN THE BNAP PROGRAM?

1. THE PHYSIOTHERAPIST

Physiotherapy may include:

- Exercise prescription – cardiovascular exercise, strengthening, stretching
- Manual therapy
- Dry needling therapy
- Electrotherapy
- Various forms of education – pain and stress management, flare-up control, lifestyle adaptations, sleep hygiene

2. THE OCCUPATIONAL THERAPIST

Occupational therapy may include:

- Engaging in important and meaningful activities
- Developing, recovering, or maintaining the skills needed for everyday activities
- Achieving independence and independent living
- Creating a return-to-work plan
- Making appropriate workplace recommendations to your employer

3. THE DOCTOR

You will need to undergo a medical examination by the BNAP-appointed doctor, whose primary role is to make sure you are medically fit to go on your BNAP journey.



HOW TO CONTACT US



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