

VISIT US AT: workplacenl.ca

Note: This is a multipurpose form used for Initial, Progress, Extension and Discharge Reports. Indicate the report type by ticking the appropriate box in the top right hand corner of the form.

A Chiropractor would complete this report for:

- 1. New Injuries The chiropractor or worker believes the injury is work-related.
- 2. Recurrences The injury may be a recurrence of a previous work-related injury.

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t 709.778.1000 t 1.800.563.9000

- 3. Progress reporting When there is a significant change in the worker's: (1) condition; (2) treatment; or (3) return-to-work status.
- 4. Extension requests When the chiropractor is requesting an extension of treatments.
- 5. Discharge Reports When the patient is being discharged.

On the day of the visit:

Provide the employer's copy of the form 8/10c to the injured worker, who will then give it to the employer. Only sections outlined in red are visible on the employer's copy.

Complete and legible reporting:

- Reporting fees will not be paid for incomplete or illegible reports.
- Please do not use a stamp for any information including chiropractor's name, contact information or billing number. Stamps
 are not permitted as this is a triplicate form. Information provided by stamp will not be visible on the worker and employer
 copies of the form. Forms using stamps will be considered illegible.

Section B - Specific Information for Parts of Body Injured:

- It is not necessary to provide the Mechanism of Injury information on reports subsequent to the initial report unless there is a change in the information provided or additional information is available.
- Coding is used in this section as outlined on the reverse of this sheet. Only one code box should be used for each code entered, regardless if the code has one or two digits (see example below).
- First, enter codes for Part(s) of Body and whether the injury pertains to the Left, Right or Center of the specified body part(s), if applicable. If the code for the Part of Body is not on the code sheet, enter the code for Other and identify the specific body part in the space below the code.
- If you are the primary health care provider, you must provide documentation of all injured parts of body, even if you are not providing chiropractic treatment for all injured parts of body.
- For each Part of Body, enter coding, as applicable, for: Subjective Reports, Objective Findings, Diagnoses, Treatments, Investigations*, and Assistive Devices*. When outlining the Examination and Treatment Plan, including all applicable codes is important.
- If the Subjective Report, Objective Finding, Diagnosis, Treatment, Investigation and/or Assistive Device is not included on the code sheet, enter the code for *Other*. When using *Other* codes, also enter the *Other* code number and provide details for that code in the Additional Comments box (box 10).
- The Update Status boxes are used when completing progress, extension or discharge reports. They are intended to
 provide updates on Subjective Reports and Objective Findings from the previous visit. The Update Status is not
 required for initial reports of injury.
- *Note: The Investigations category is only intended for referrals being made at the time of this visit. Recommendations for assistive devices may also require completion of a Health Care Devices and Supplies Prescription form.

Section B Example

SECTION B - SPECIFIC INFORMATION FOR PARTS OF BODY INJURED

6 Mechanism of injury / incident:

Same as previously reported on the initial report.

7	Use codes from use more than one c	ode sheet						E	Exami	nation							Treatm	ent p	lan			
	Part of E	Body	Su	ubjectiv		orts 4	1	Obje	ctive Fir	ndings	5	Diagr	noses	1	2 T	reatme	nts 4	5	Invest	igations	Assist. D)evices
i.	23 Left	Right Centre	10	14	2	15	25	20	33	37	92	22	27	12	4	9	22	27			10	
Othe	r:	Update Status	С	D	D	D	C	Ε	C		C											
ii.	Left	Right Centre																				
Othe	r:	Update Status																				
iii.	Left	Right Centre																				
Othe	Other: Update Status																					
8	Pain NPRS ove	er the last 24 hours _			0 no p	ain to 1	0 the v	vorst pa	ain imag	ginable				-					•			
9	Did this injury aggravate a prior health issue? Ves <i>If yes, please specify in Box 10.</i> Are there other issues affecting the worker's injury, recovery and / or disability? Ves <i>If yes, please specify in Box 10.</i> If <i>yes, please specify in Box 10.</i> If <i>yes, please specify in Box 10.</i>).											
10	Additional Comm	nents - or - If you	use an	y of the	e Othe	r code	s abov	e (exc	ept <i>Pa</i>	rt of Bo	ody), in	dicate	the co	de # ar	nd pro	vide de	etails.					
	92 - facet ru	ub+at L5-S1,	mila	t rest	tricti	ion R)\$1															

Points to note:

- Under the Objective Findings category, code 92 is entered for *Other* and 92 facet rub⊕at L5-S1, mild restriction (R) SI is written in the Additional Comments box to specify the details of the *Other* code.
- No Update Status is provided for objective finding 37 (strength) as this finding had not been previously reported.

MD, 8/10c and PR Code Sheet

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24 1	

Part of Body	Subjective Reports	Objective Findings	indings	Diagnosis	Treatments	Investigations
	22 2 2 2 2 2	4 Abroand A				1 Dlood tooto / 11/A
-	2 Difficulty sitting			2 Allergic reaction		Z Bone scan
		4 Abnormal sensation (non-dermatomal)				
	_					5 Ultrasound
6 Chest	6 Headache	6 Bleeding	92 Other*	6 Bursitis		
	_		* Provide details in the Additional			95 Other*
	8 Numbness	-	Comments box			
	_				_	Assistive Devices
		10 Decreased range of motion (Physician use only) (Provide details in box 8)	only) (Provide details in box 8)		10 IFC	
	11 Pain (moderate)					
12 Finger	12 Pain (severe)	12 Hypermobility		12 Disc injury	12 Manipulations	
13 Foot		13 Hypertonicity		13 Dislocation	13 Massage	
14 Forearm	14 Stiffness	14 Hypomobility		14 Epicondylitis	14 Mobilizations	
15 Groin	15 Tenderness	15 Hypotonicity		15 Fracture	15 Motion control	
16 Hand	16 Tingling	16 Infection		16 Frozen shoulder	16 Muscle stimulation	
17 Head	17 Weakness	17 Joint effusion		17 Hernia	17 Myofascial release	
18 Heel	88 No subjective reports	_		18 Herniated disc	18 Occupational rehabilitation	
19 Hip	91 Other*	19 Leg length discrepancy		19 Infection	19 Oxygen	
20 Knee		20 Level of conditioning (good)		20 Inflammation		
21 Lower leg	Additional Comments	21 Level of conditioning (fair)		21 Laceration	21 Proprioception exercises	
22 Lumbar region	hox	22 Level of conditioning (poor)		22 Ligament sprain (1st)	22 Range of motion exercises	
23 Lumbosacral region		23 Range of motion (100%)		23 Ligament sprain (2nd)	23 Rest	
24 Lung, airways			-	24 Ligament tear (3rd degree sprain)	24 SMT / adjustment	
25 Pelvis		Range of motion (>50%)	apy and	25 Mechanical back pain	25 Soft tissue techniques	
			ic use only			
		_				
28 Shoulder		28 Rash		28 Plantar fasciitis	28 Stretching exercises	
29 Thigh					29 Suturing	
30 Thoracic region		30 Scar		30 Radiculopathy	30 TENS	
31 Thoracolumbar region		31 Sensory loss		31 Repetitive strain	31 Traction (manual)	
32 Toe					32 Traction (mechanical)	
33 Wrist		33 Straight leg raise (Negative)		33 Rotator cuff injury	33 Ultrasound	
						96 Other*
: : : : : : : : : : : : : : : : : : :		35 Straight leg raise (30-60)		35 Spinal cord injury		
		36 Straight leg raise (0-30)		36 Spinal stenosis	Additional Commants	the Additional
Under Part of Body		37 Strength (5/5)		37 Spondylolisthesis	box	Comments box
`				38 Tendonitis		
				93 Other*		
				* Dravido dotoilo in tho		
		43 Upper limb neural tension test (+ve)		Additional Comments		
	Update st	Update status to be added for follow up on Subjective Reports and Objective Findings.	orts and Objective Findings.	, box		
	4	Resolution D	Mild improvement			
		τ	No change			
		Moderate improvement	Worsening			

	D BY FAX ONLY CONTACT US AT: 19.738.1479 t 709.778.100			opractor's		Sept. 2018			
f 1.8	866.553.5119 t 1.800.563.90		Repo			8/10c			
SECTION A - GENERAL INFORMATIO	First name		im #		O# First name				
1 Worker's last name									
2 Mailing address	Contact telephone	Mai	ling address		Wor	rkplaceNL billing #			
Province	Date of birth yyyy/mr	Prov	ince		Ren	porting fee requested?			
Postal code	Date of birth yyyy/mr		al code		(Interp	Yes No			
3 MCP			phone	Fax	Rep				
		F	•		type	e: Initial			
4 Occupation	Employer	Dat	e / time of visit yyy	y/mm/dd hh:mm	AM PM	Progress Discharge			
yyyy/mm/dd over ti	nis injury develop time without a fic injury / incident?	s prin	harv health	provider a	her health care assess this efore you?	Yes No			
SECTION B - SPECIFIC INFORMATION F	FOR PARTS OF BODY INJ	URED							
6 Mechanism of injury / incident:									
7 Use codes from code sheet		F actoria etia			Teo of second select				
Part of Body	Subjective Reports O	Examinatio		Treatme	Treatment plan	estigations Assist. Devices			
Code			5 1 2	1 2 3	4 5 1				
Other: Update Status									
ii. Left Right Centre									
Other: Update Status									
iii. Left Right Centre									
Other: Update Status									
8 Pain NPRS over the last 24 hours	0 no pain to 10 the wors	t pain imaginabl	9						
	yes, please specify in Box 10.		er issues affecting t	he worker's	Yes If ves. please	specify in Box 10.			
9 Did this injury aggravate a prior health issue? Yes If yes, please specify in Box 10. No Don't know Are there other issues affecting the worker's injury, recovery and / or disability? No Don't know									
10 Additional Comments - or - If you use any of the "other" codes above (except Part of Body), indicate the code # and provide details.									
SECTION C - SPECIFIC INFORMATION	N FOR ALL DIAGNOSES	(PERTAININ	G TO SECTION	В)					
11 Do you suggest WorkplaceNL arrange any specialty appointments?	Yes If yes, please		inary program	Neurosurgeon		ase provide onale in Box 10.			
		EMG/NCS] Orthopaedic sur	geon ^{rauo}				
SECTION D - RETURN-TO-WORK STA									
 Explanation of current functional abiliti Worker has full functional abilities 									
☐ Lifting restrictions, specify ○			·	No lifting					
Bending / twisting restrictions, sp		-	_						
Standing restrictions, specify	_	Cli	mbing (stairs / ladd	lers) restrictions, s	pecify				
Kneeling / crouching restrictions,	, specify	🔲 Sit	ting restrictions, sp	ecify					
☐ Walking restrictions, specify		🛛 Up	per extremity restri	ctions, specify					
Restrictions due to medications,	specify	🗋 Lir	nitations due to env	vironment, specify					
Other limitations, specify									
13 What are the recommended work hou					raduated?	/es 🔄 No			
14 Estimate duration of current functional	I abilities: 1 to 2 days	3 to 7 days	8 to 14 days	☐ 15+ days					
SECTION E - TREATMENT SUMMARY	Y								
15 Improvement from last report: Min	inimal 🗌 Moderate 🗌 Si	gnificant 🗌 I	Plateaued Stage	e of care: 🗌 Acut	te 🗌 Rehabilitat	ive Supportive			
16 Is treatment extension required?		treatments		f treatments	Treatmen				
SECTION F - FOLLOW-UP	to date		requested	:	frequenc	y			
17 Have you reviewed the details Ye	es Have you provided a	copy 🗌 Ye	s Have you	provided a copy of	of this report	Yes			
of this report with the worker?	lo of this report to the wo	orker?	to the wo	rker to give to the	employer?	No			
return-to-work capability?	No when:	8 to 14 days	22+ days	to call you?		No			
19 I certify this is a complete and accurat	te report and I have received	no prior payme	nt from Workplace	NL for this visit.	С уууу	Date //mm/dd			
Signature									

BLUE - WORKER'S COPY

							Sept. 2018
Wo	orkplaceNL	f 709.738.1479		orkplacenl	Chiropractor's [∞] Report		8/10c
SEC	TION A - GENERAL IN	IFORMATION (ple	ase print clearly)		Claim #		
1	Worker's last name	Firs	t name	Initial	Chiropractor's last name	First name	
2	Mailing address		Contact telephone		Mailing address		
	Province	Date of birth yyyy/mm	n/dd	Province Postal code			
3			Gender M	F	Telephone Fax		
4	Occupation	Emplo	yer		Date / time of visit yyyy/mm/dd hh:		
5	Date of injury / incident	Did this injury over time with specific injury	nout a 🗌 Yes	5			
SECT	TION B - SPECIFIC INF	ORMATION FOR PA	ARTS OF BODY INJ	URED			

7		e codes i			sheet ere necessary
	Code	Part	of E	Body	
i.		Left		Right	Centre
Oti	ner:			Upd	ate Status
ii.		Left		Right	Centre
Oth	ner:			Upd	ate Status
iii.		Left		Right	Centre
Oth	ner:			Upd	ate Status

Code details provided on reverse.

SECTION D - RETURN-TO-WORK STATUS

12	Explanation of current functional abilities check all that apply and specify details in the space provided							
	Worker has full functional abilities to return to work (please go to Section E)							
	☐ Lifting restrictions, specify ○ < 10 lbs ○ < 20 lbs ○ < 50 lbs ○ Avoid repetitive lifting ○ No lifting							
	Bending / twisting restrictions, specify 🔿 No bending / twisting 🔿 Avoid repetitive bending / twisting							
	Standing restrictions, specify Climbing (stairs / ladders) restrictions, specify							
	🗌 Kneeling / crouching restrictions, specify 🗋 Sitting restrictions, specify							
	Upper extremity restrictions, specify							
	Restrictions due to medications, specify Limitations due to environment, specify							
	Other limitations, specify							
13	What are the recommended work hours? Pre-injury / incident Other: Should the hours be graduated? Yes No							
14	Estimate duration of current functional abilities: 🗌 1 to 2 days 📄 3 to 7 days 📄 8 to 14 days 📄 15+ days							

SECTION F - FOLLOW-UP

17	Have you reviewed the details Yes of this report with the worker?	Have you provided a copy Yes of this report to the worker?	Have you provided a copy of the to the worker to give to the em		
18	Will you be reassessing the worker's return-to-work capability?		15 to 21 days 22+ days		
19	I certify this is a complete and accurate re	port and I have received no prior payment fror	n WorkplaceNL for this visit.	Date yyyy/mm/dd	
	Signature				
WH	ITE – CHIROPRACTOR'S COPY YELLO	BLUE – WORKER'S COPY			



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Supporting Information

Employers and workers are obligated under the Workplace Health, Safety and Compensation Act, 2022 to co-operate in the worker's early and safe return to suitable and available employment with the injury employer. This may involve modified work, ease back to regular work, transfer to an alternate job, or trial work to assess the worker's capability.

The worker is responsible for providing the employer's copy of the form 8/10c, chiropractor's report, to the employer by the next working day following the chiropractor's visit. If a worker cannot provide the form in person, he/she must contact the employer and provide the information by telephone, e-mail or fax.

Worker co-operation:

- contact the injury employer as soon as possible after the injury occurs and maintain effective communication throughout the period of recovery or impairment;
- (ii) assist the employer, as may be required or requested, to identify suitable and available employment;
- (iii) accept suitable employment when identified; and
- (iv) give WorkplaceNL any information requested concerning the return-to-work plan, including information about any disputes or disagreements which arise during the early and safe return-to-work process.

Employer co-operation:

- (i) contact the worker as soon as possible after the injury occurs and maintain effective communication throughout the period of the worker's recovery or impairment;
- (ii) provide suitable and available employment. The employer is responsible to pay the worker's salary earned during the early and safe return-to-work plan. WorkplaceNL will pay the differential, if any, between the salary earned during early and safe return-to-work plan and 85% of the worker's net pre-injury earnings subject to the maximum compensable ceiling; and
- (iii) give WorkplaceNL any information requested concerning the worker's return to work, including information about any disputes or disagreements which arise during the early and safe return-to-work process.

Part	t of Body						
1	Abdomen	11	Face	21	Lower leg	31	Thoracolumbar regior
2	Ankle	12	Finger	22	Lumbar region	32	Тое
3	Arm	13	Foot	23	Lumbosacral region	33	Wrist
4	Brain	14	Forearm	24	Lung, airways	90	Other
5	Cervical region	15	Groin	25	Pelvis		
6	Chest	16	Hand	26	Ribs		
7	Соссух	17	Head	27	Sacroiliac region		
8	Ear	18	Heel	28	Shoulder		
9	Elbow	19	Hip	29	Thigh		
10	Eye	20	Knee	30	Thoracic region		

															Sept. 2018
Wo	send by F f 709.73 f 1.866.5	8.1479	<i>contact us at:</i> t 709.778.10 t 1.800.563.9	00	<i>visit us at</i> workplac	onl on	Chirop Repor		tor's	5				8	/10c
SEC	TION A - GENERAL INFORMA	TION (plea	ase print c	learly	r)	Claim	#								
1	Worker's last name	First	name		Initia	Chirop	ractor's la	ist nam	ne		Fi	rst nar	ne		
2	Mailing address		Contact te	lephon	e	Mailing	address				I				
	Province		Date of bir	th www	/mm/dd	Province							C		5 FOR
	Postal code		Dute of bill		······	Postal co	de	1							N B ON
2						Telepho			Fa	~				REVE	RSE
3			Gender	M	F	Telepho	ile .		Ia	^					
4	Occupation	Employ	yer			Date / t	time of vis	sit yyyy	/mm/dd	hh:mn		AM PM			
5	Date of injury / incident D	id this injury	develop	,	Yes	Are you	u the		es	Did and	other hea	alth ca	re	Ye	s
		ver time with becific injury			No		/ health ovider?				er assess before y				
SECT	ION B - SPECIFIC INFORMATIO	ON FOR PA	RTS OF B		NJURED										
6	Mechanism of injury / incident:														
	j , j , i , i,														
7	Use codes from code sheet														
	use more than one code where necessary				Exar	nination					Treatn	nent p	lan		
0	Part of Body	Subjectiv	e Reports	1	Objective 2 3	Findings	5 Diag	noses	1	Treati	ments	5	Investio	gations	Assist. Devices
i.	Left Right Centre														
Other:	Update Status											_			
ii.	Left Right Centre														
Other:	Update Status														
iii.	Left Right Centre														
Other:	Update Status														
8	8 Pain NPRS over the last 24 hours 0 no pain to 10 the worst pain imaginable														
9	Did this injury aggravate Ve	s If yes, plea	se specify in E	Box 10.		ere other is				ker's] Yes //	yes, pl	ease sp	ecify in	Box 10.
	a prior health issue?	Don't	know		injury,	recovery a	nd / or dis	sability	?		No [Dor	n't knov	N	
10	Additional Comments - or - If you u	use any of the	e "other" cod	es abov	ve (except	Part of Bod	y), indicate	e the co	ode # a	nd provid	e details.				
SECT	ION C - SPECIFIC INFORMAT	TION FOR	ALL DIAG	NOSE	ES (PER	TAINING [·]	TO SEC	TION	B)						
	Do you suggest WorkplaceNL	Yes	lf yes, p			rdisciplinar	ry prograr	n 🗌		surgeon			Please	1	
	arrange any specialty appointments		indicate	9:	L EM	G/NCS			Ortho	paedic s	urgeon		rationa	le in Bo	ox 10.
	ION D - RETURN-TO-WORK	STATUS													
12	Explanation of current functional a						ed								
	Worker has full functional ab				•	,									
	☐ Lifting restrictions, specify	-	-	-	-					-					
	 Bending / twisting restrictions Standing restrictions, specify 		-	-				-		-	anaaifu				
	Kneeling / crouching restrictions, specify						•		,						
	Walking restrictions, specify.					-									
	Restrictions due to medication														
		,, .								,	,				
13	What are the recommended work	hours?	Pre-injury	/ incide	ent 🗌 (Other:		Shou	ld the l	nours be	graduate	ed?	Yes	s 🗆	No
14	Estimate duration of current functi														
				dayo				dayo		uuyo					
5EC1	TION E - TREATMENT SUMM														
	Improvement from last report:	Minimal	Moderate			nt 🔝 Plat					ute 🔄			e ∐ (Supportive
16	Is treatment extension required?	Yes [r of treatm				treatm	ents	_		tment Jency:		
SECT	ION F - FOLLOW-UP			_				_	_			_		_	
17	Have you reviewed the details		Have you pr			Yes				ed a copy				'es	
18	of this report with the worker? Will you be reassessing the worker		of this report If ye			L No days C			Doy	give to th /ou want				lo 'es	
19	return-to-work capability?	No No	whe	en:	8 to 14	4 days] 22+ da	ys	to ca	all you?			Dat	lo	
	I certify this is a complete and acc	urate report	anu i nave	receive	a no prioi	payment	IOIII VVOľk	vhiacel,	NL IOF t	nis visit.	I		yyyy/m	m/dd	.
	Signature	YELLOW -		SCOPY							L	BUU	E _ WC		'S COPY



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- (iii) accept suitable employment when identified; and
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- (iii) give WorkplaceNL any information requested concerning the worker's return to work, including information about any disputes or disagreements which arise during the early and safe return-to-work process.



	gilosis			L ''	eatments		vestigations
1 2 3 4 5 6 7 8 9 10	Abrasion Allergic reaction Amputation Asthma Burn Bursitis Carpal tunnel syndrome Chronic obstructive pulmonary disease Contusion Crush	36 37 38 39 40 93	Spinal stenosis Spondylolisthesis Tendonitis Tenosynovitis Traumatic spondylolisthesis / lysis Other	1 2 3 4 5 6 7 8 9 10	Acupuncture Casting Chiropractic Cold Conditioning exercises Core stability exercises Education Heat Home exercises IFC	1 2 3 4 5 6 95	Blood tests / U/A Bone scan CT scan EMS / NCS Ultrasound X-ray Other
11	Dermatitis			11	Laser	As	sistive Devices
11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 20 30	Disc injury Dislocation Epicondylitis Fracture Frozen shoulder Hernia Herniated disc Infection Inflammation Laceration Ligament sprain (1st) Ligament sprain (1st) Ligament sprain (2nd) Ligament tear (3rd degree sprain) Mechanical back pain Meniscal tear Muscle strain Plantar fasciitis Puncture Radiculopathy			11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Manipulations Massage Mobilizations Motion control Muscle stimulation Myofascial release Occupational rehabilitation Oxygen Physiotherapy Proprioception exercises Range of motion exercises Rest SMT / adjustment Soft tissue techniques Steroid injections Strengthening exercises Stretching exercises Suturing TENS	1 3 4 5 6 7 8 9 10 11 12 3 4 5 6 7 8 9 10 11 12 3 4 5 6 7 8 9 10 11 12 3 4 5 6 7 8 9 10 11 12 3 4 5 16 7 8 9 10 11 12 3 4 5 16 7 8 9 10 11 12 3 14 5 16 7 8 9 10 11 11 11 11 11 11 11 11 11 11 11 11	Ankle brace Arch supports Back brace Back support Bandage Cane Cast Cervical collar Cervical pillow Cold pack Corset Crutches Dressing Heating pad Orthotics Prosthesis Sling Splint
31	Repetitive strain			31	Traction (manual)	19	Strap, band
32	Rotator cuff impingement			32	Traction (mechanical)	20	Walker
33	Rotator cuff injury			33	Ultrasound	21	Walking boot
34	Rotator cuff tear			94	Other	22	Wheelchair
35	Spinal cord injury					96	Other