

You should consider starting with treating doctor's advise or perhaps going for independent medical examination (if need be). Also, WorkCover has a table with common illnesses and injuries that is broken down into categories with a guide of expected recovery times. And by performing a risk assessment to see if it falls into a high or low risk category where claims exceed 20 days. Also to look at the natural model of recovery, availability of alternate duties and barriers to returning should be taken into account.