

BNAP

FREE

BACK & NECK ASSISTANCE PROGRAM



WHAT IS BNAP?

Do you have back or neck pain? If so Workability's, Back and Neck Assistance Program BNAP, has been developed to strategically manage high risk back and neck cases that can often end up in surgery.

WHAT MAKES BNAP DIFFERENT?

Through early intervention Workability accredited Physio and Occupational Therapists use an active rehabilitation program to improve your pain and normalise function so that you can get back to work and Life.

HOW MUCH DOES IT COST?

The BNAP program will not cost you anything as the full cost of this program is covered by your Medical Aid and is not taken from your day-to-day medical savings account.

HOW DOES BNAP WORK?

- BNAP is a physiotherapy led program and most of your sessions will be with your Physiotherapist.
- You will receive a comprehensive initial assessment by a Physiotherapist, a Doctor and possibly an Occupational Therapist.
- The Physiotherapist will work with you to set treatment goals, tailor a personalised treatment plan including structured exercise and a home program and equip you with pain management strategies.
- Your Workability Case Coordinator will support you telephonically before, during, as well as after completion of the program.

HOW TO JOIN THE BNAP PROGRAM



WhatsApp - 064 847 5756



Email: referrals.network@workability.co.za



SMS - 064 847 5756



Phone: 086 137 0109



WORKABILITY
RETURN TO WORK • RETURN TO LIFE

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