



1 YOUR WHY AND WHAT QUALIFIES YOU

Fill in your patient population. Share your why in your own words:

"We are here because patients after [your specific population] are being discharged without access to rehab during the most critical window of recovery. We would like to show you what changes when we close that gap."

2 THE CLINICAL CASE (WHY NOW)

The population you are seeing:

When they are currently being referred:

One patient case or clinical outcome you have observed that should not have happened in your setting:

What best practice looks like for similar patients within the evidence-based window of recovery (tissue healing, proliferation phase, 0-2 weeks)

3 COMPARE / CONTRAST

Fill in both columns. Let the contrast do the work.

Current Standard in Obstetrics	Comparable Surgery/Impairment
Population:	Population:
Referred at:	Referred at:
Evidence base:	Evidence base:

Contrast Example: 128 facilities in the PHN Postpartum Recovery Hospital Directory offer rehab on the maternity unit. In every setting, a therapist with expertise in early recovery established the guidelines for referral to rehab, not the medical team. Contrast this with the current standard of care where patients are waiting for a referral to rehab instead of being assessed according to clinical referral criteria from the rehab team to identify who would benefit from a therapy evaluation sooner.

4 WHAT YOU'RE PROPOSING

To align with best practice in rehabilitation, we are asking for referrals at:

The first visit will include:

WHAT TO TELL YOUR PATIENT WHEN REFERRING:

"We are referring you to a rehab therapist who specializes in recovery after [your procedure]. You will be seen within [timeline]. They will help you with [what you treat]. This is a routine part of your recovery."

Customize the bracketed text for your setting.

5 YOUR ONE ASK

Choose one. Be clear on what you want from the team when you present.

- A standing order to refer [population] at [timeline] post-[procedure]
- A verbal agreement to use specific rehab criteria for [population]
- A follow-up meeting to discuss the referral plan further with _____ by _____

6 YOUR SETTING: PREPARE FOR THESE QUESTIONS

Q Will insurance cover this?

Q How do I write the referral?

Q What if the patient declines?

Q How will you communicate referral outcomes back to the team?

Q Is there evidence for this?

TIP: Use evidence from their own field - Delancey et al 2024, American Journal of Obstetrics & Gynecology - "An estimated 570,000 women sustain a birth-related pelvic floor injury every year, almost 3 times the number of people who sustain ACL injuries annually. Physical therapy is standard of care for ACL injury. It is not yet standard of care for birth injury."