

Unfallkasse Berlin

Culemeyerstraße 2
12277 Berlin
Telephone + 49 (0) 30 76 24-0
Fax + 49 (0) 30 76 24-1109
leistungen@unfallkasse-berlin.de
www.unfallkasse-berlin.de

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What comes next?

If changes occur during the healing process, the rehabilitation plan is adapted to each of these changes.

Individually tailored, dance-specific transitional training can also be incorporated into the rehabilitation plan if this will facilitate quick and complete reintegration into the theatre.

This can take place away from the theatre. It is also aligned to the job profile and developed in stages until theatre training can be resumed.

Together, we'll make it!

Take an active role in shaping your rehabilitation, treatment and reintegration. We can give you the means to do this from a single source.

Everybody has one goal – for you to be able to dance again soon.



Best. Nr. UKB-LR 04E

Rehabilitation Management for Professional Dancers



We help in every possible way

Professional dancers have a demanding job.

During training, rehearsals and performances they are exposed to maximum physical and mental strain. It is little wonder then that accidents are commonplace and, because a fit and well-trained body is so important for dance, they can quickly have far-reaching consequences for the ability to work.

This is where rehabilitation management (rehab management) by Unfallkasse Berlin comes in.

Like all employees, professional dancers are covered by statutory insurance against the consequences of accidents at work, accidents while commuting and occupational illness. As a rule, the accident insurance fund Unfallkasse Berlin is responsible for employees of Berlin theatres.

The insurance covers damage to health arising from accidents that occur while carrying out insured activities. This not only includes appearances during performances, but also training sessions, rehearsals and direct outward and return journeys.

To help dancers return quickly to the stage following an insured accident, Unfallkasse Berlin uses all appropriate means to make sure that they benefit from optimum rehabilitation tailored to their needs.

This leaflet gives more details about rehab management at Unfallkasse Berlin.



Returning to the stage – Rehabilitation planning

The accident insurance fund takes care of the rehabilitation of people injured in accidents and sufferers of occupational illness – all the way from acute medical care to occupational and social reintegration.

The injuries incurred in many accidents are minor. In some cases, however, the injuries are more serious so that it is not always possible to return to work quickly. In cases such as these, insured dancers receive additional support from rehab managers.

Using a rehabilitation plan as a basis, they make sure that everything runs smoothly and coordinate all the important measures. At the same time, they have recourse to a close network of medical specialists, accident and rehabilitation clinics, special training centres and vocational education establishments. Doctors and other service providers are duly appointed to deliver the required services.

Comprehensive benefits in cash and in kind help to make the rehabilitation a success.

Statutory accident insurance is part of social security in Germany. Employees and other groups of people have statutory insurance cover with professional associations and accident insurance funds. More information at www.dguv.de



The rehabilitation management process

A Durchgangsarzt (D-Arzt) should be consulted following an accident at work or while commuting. These doctors are specifically qualified to treat people injured in accidents and are specially contracted to work with statutory health insurers. They work in hospitals and in outpatient settings. Addresses of D-Ärzte can be found online at www.dguv.de (search “D-Arzt”).

- The D-Arzt gives the accident insurance fund a prompt report on the accident, the injury and the measures taken. At the same time, the employer informs the accident insurance fund about the reportable accident at work. The accident insurance fund uses this information to identify any specific need for additional support in the form of rehabilitation management and is able to take the appropriate action.
- The rehab managers first contact the injured person, clarify any questions regarding occupation and the need for support and give individual advice.

- The rehab managers meet in person with the injured dancer, a medical rehabilitation specialist and other experts in order to plan an individually tailored programme of rehabilitation and reintegration.
- Other specialists who are particularly knowledgeable about the physical requirements for work are also involved in rehabilitation planning. They also know what life is like in the theatre. Muscle wastage and the resulting delay in subsequent reintegration into theatre training are prevented by using a special exercise plan for the parts of the body not affected by injury.
- The results are recorded in a rehabilitation plan.