



What Does “Stability” Mean in a Workers Compensation Claim?

Have you been told you need to reach stability?

Stability is also sometimes referred to as “maximum medical improvement” or MMI.

Many injured workers hear the term “stability” and wonder what it actually means.

If you’re thinking about making a lump sum compensation claim after a workplace injury, reaching stability or maximum medical improvement is an important step in the process.

What is stability?

Stability means your condition has reached as good as it is going to get and is unlikely to improve significantly even with further treatment.

Importantly, this does not mean you have fully recovered.

In fact, many workers reach stability while still experiencing ongoing pain, restrictions or lasting symptoms.

It simply means that doctors can reliably assess the long-term impact of your injury.

How long does it take to reach stability?

There is no fixed timeframe.

Some workers may reach stability within six months, while others may take a year or more.

The timeframe often depends on:

- The type of injury
- Whether surgery is required
- Recovery progress
- Ongoing treatment needs

If you have undergone surgery, it is common for doctors to wait many months before determining whether stability has been reached.

Why does it matter?

Before a permanent impairment assessment can occur, your injury generally needs to have reached stability.

This ensures the assessment accurately reflects the long-term effects of the injury, rather than a condition that may still improve.

What if I have more than one injury?

Some workplace injuries affect multiple body parts. Others may lead to secondary conditions.

For example:

- A back injury may also cause leg symptoms.
- Medication for a workplace injury may result in other health complications.

All relevant injuries and conditions should be considered before proceeding with a permanent impairment assessment. Read more about secondary injuries [here](#).

Getting advice

Knowing when stability has been reached can be complex. Seeking legal advice before arranging a permanent impairment assessment can help ensure your rights are protected. Contact us to arrange a **first free consultation**.