



## WORK CONDITIONING/PHYSICAL RECONDITIONING:

An intensive, work-related, goal-oriented conditioning program designed to specifically restore neuromuscular and musculoskeletal function including strength, power, endurance, joint mobility, range of motion, motor control, cardiovascular endurance and functional abilities. The primary objective of the Work Conditioning Program is to restore physical capacity and function to enable the injured worker to return to his or her pre-injury job.

- » **Attendance:** Typically short-term, 3-5x weekly for up to 4 weeks with an intensity of 2-4 hours per visit.
- » **Work Status:** Ideal for those working part time or modified duty.
- » **Team:** Injured worker and therapist with employer and/or case manager contact, under the direction of a physician.
- » **Treatment:** Work-specific. It addresses limited areas (strength, endurance, flexibility, motor control, cardiopulmonary function and functional activities) to reach job pre-injury requirements.

## WORK HARDENING:

A highly structured, goal-oriented, individualized intervention program designed to return the patient to work at either the original job at the time of injury or to prepare for a new job. Our Work Hardening Programs are multidisciplinary in nature and utilize real or simulated work activities designed to restore physical, behavioral and vocational functions. Work hardening addresses the issues of productivity, safety, physical tolerances and worker behaviors.

Our Work Hardening Program has been specifically designed to put injured workers back on-the-job with a lower chance of future injury. Only by meeting the needs of the injured worker – with appropriate resources and expertise – can rehabilitation outcomes be maximized. Through a multidisciplinary approach, the worker is prepared physically, behaviorally and vocationally for return-to-work enabling the achievement of the best patient outcome possible.

- » **Attendance:** Daily, 4-8 hours/day up to 4 weeks.
- » **Work Status:** Client may be off work due to injury.
- » **Team:** Physical Therapist, Physical Therapist Assistant, Certified Occupational Therapist Assistant, Certified Hand Therapist, Case Manager, Vocational Specialist and/or Psychologist.
- » **Treatment:** Addresses flexibility, strength, endurance, motor control, cardiopulmonary function, functional activities and safety for an eight hour workday. Patient education/job feasibility and recommendations made based upon transferable skills analysis.

FOR MORE INFORMATION:

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