



## Work Conditioning:

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, three to five times weekly for up to four to six weeks with an intensity of two to four hours per visit.
- » **Team:** Injured worker and therapist with employer and/or case manager contact, under the direction of a physician.
- » **Treatment:** Work simulation and education including proper body mechanics, graded progression, pacing and pain neuroscience education.
- » **Ideal candidates:**
  - + Job categories within the medium, heavy or very heavy physical demand category.
  - + Occupations requiring highly repetitive activities or sustained, awkward postures.
  - + Individuals who no longer require acute therapy.

## OUTCOMES AND BENEFITS OF WORK CONDITIONING:

- » 83 percent of our candidates met their return to work goals.
- » Average candidate gained 10.2 percent in strength per week.
- » Candidates gain confidence to perform their job successfully and independently.
- » On average, 70 percent of those who complete a functional program were still working one year later.

## Work Hardening:

For specific cases, a work hardening program may be beneficial. These are multidisciplinary in nature and would require the intervention of physical therapist, occupational therapist, vocational rehabilitation consultants and/or a psychological evaluation.

These programs are more intense at usually five days a week for up to eight hours a day, and possibly four-to-eight weeks in length.

## WE UTILIZE THE BIOPSYCHOSOCIAL APPROACH FOR OUR PATIENTS:

Select Medical has developed an intense education series for clinicians focusing on the biopsychosocial implications in the recovery of injured workers. Partnering this internally-developed, proprietary education with the use of early screening tools which identify cases that may have higher psychosocial risk factors will allow us to:

- » Provide more comprehensive, targeted treatments
- » Decrease recovery times
- » Improved quality of life
- » Improve outcomes, including return to work
- » Improve cost savings<sup>1</sup> in workers' compensation