

HIRING

POST-OFFER
EMPLOYMENT
TESTING (POET)

SAFETY

INJURY
PREVENTION

ERGONOMICS

INJURY

ACUTE PHYSICAL
& HAND THERAPY

CUSTOMIZED
RETURN-TO-WORK

RECOVERY

WORK
CONDITIONING

FUNCTIONAL
CAPACITY
EVALUATIONS (FCE)

CLOSURE

UTILIZATION
MANAGEMENT
SYSTEMS (UMS)

OUTCOMES & DATA
ANALYSIS

THE GOAL OF THE WORKSTRATEGIES® PROGRAM:

Reduce injuries, claims and costs for the employer with the end result being increased performance, productivity, profits and employee quality of life. Our comprehensive and multidisciplinary onsite services are customized to meet the employer's specific needs and goals.

SERVICES INCLUDE:

1. PHYSICAL THERAPY

- All services are provided by a licensed clinician at the employer's location
- One-on-one care
- Program based on physical demands and essential functions of the injured worker's job

2. EARLY SYMPTOM INTERVENTION / FIRST AID

- Pre-injury assessment and triage of worker complaints of discomfort
- First aid care of minor injuries
- Service provided by a health care professional with expertise in musculoskeletal injuries
- Valuable strategy in managing OSHA 300 recordables

3. ERGONOMIC JOB ANALYSIS

- Work Risk Analysis:- Identify, quantify and document risks associated with selected jobs
- Work Task Analysis (Physical Demand Analysis)- Identify and list essential functions and associated physical demands
- Work Station Analysis (Office work area assessment)- Identify improper work station set up and design and make corrective changes

4. MUSCULOSKELETAL INJURY PREVENTION EDUCATION

- Designed specifically around the risks associated with an employer's job tasks and recordable history
- Provide employee and management team with the tools to proactively address risk:
 - Recognize risks associated with performance of the job
 - Identify ways to minimize risks while maximizing performance
 - Demonstrate techniques to minimize accumulated stresses of the job performance
 - Customized stretches taught to counteract job tasks to prevent injury

5. POST-OFFER EMPLOYMENT TESTING (POET)

- Determine a new hire's physical capabilities as it relates to job demands
- Comply with ADA/EEOC guidelines

6. ONSITE WELLNESS AND INJURY PREVENTION COACHING:

- Provided by a health care professional
- Evaluate and support safe workplace behaviors and healthy lifestyle choices

7. TRANSITIONAL RETURN-TO-WORK PROGRAMS

JOB COACHING: Reintegrate the returning worker to their job with the focus to assist them in recognizing risk factors and creating a strategy to minimize/eliminate re-injury.

WORK CONDITIONING: An intensive goal-oriented conditioning program designed to restore physical capacity and function in individuals who have been out of work for long periods of time.

8. TRAIN-THE-TRAINER INJURY PREVENTION PROGRAM

DESIGN A COMPANY-SPECIFIC PROGRAM

- Intensive assessment of risk factors
- Establish educational goals and program content
- Create educational program with trainer materials

INSTRUCT AN EMPLOYER'S IMPLEMENTATION TEAM

- Conduct certification class for team of trainers
- Conduct annual follow up review sessions

