

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

WORK CONDITIONING / PHYSICAL RECONDITIONING

An intensive, work-related, full body conditioning program designed to specifically restore function. 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 or job classification.

- **Attendance:** Typically short-term, 3-5x weekly for up to 6 weeks with a duration of 2-4 hours per visit.
- **Work Status:** Ideal for those working part-time, modified duty or not currently able to work.
- **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.

