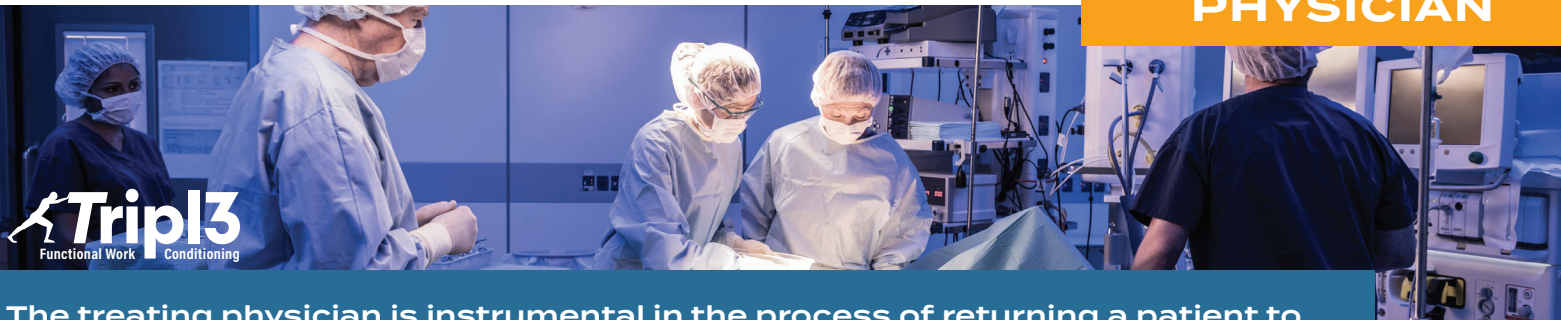


# ENSURING SUCCESS OF YOUR SURGERY AND A SUSTAINABLE & SAFE RETURN-TO-WORK FOR YOUR PATIENT

## PHYSICIAN



The treating physician is instrumental in the process of returning a patient to the workplace after injury or illness. We all know that once a patient has moved from an acute to a sub-acute phase the process of return to work begins. The job specific conditioning is instrumental in ensuring the surgery does not fail and that a re-injury does not occur upon a too early and unprepared entry back to work.

## THE FACTS

Productive return-to-work strategies are needed to minimize the consequences of occupational injuries and illnesses.

1/3

Approximately one third of all injuries in the United States are occupational in nature.<sup>1</sup>

2.7

In 2020, 2.7 million nonfatal workplace injuries and illnesses were reported, with nearly 43 percent resulting in lost work days (i.e., recuperation away from work or restricted duties at work).<sup>2</sup>

88%

Focused Inter-disciplinary rehabilitation programs have been shown to achieve return-to-work rates as high as 50 to 88 percent.

50%

The longer patients are away from work, the less likely they are ever to return (50% of people who are out of work for six months never return).<sup>4-6</sup>



## OUR PROGRAM

Work Conditioning is a “work related, intensive, goal-oriented treatment program designed to restore an individual’s systemic, neuromusculoskeletal (strength, endurance, movement, flexibility, and motor control) and cardiopulmonary functions.”

Our Functional Rehab model takes place over three weeks with an opportunity for an extended three-week session depending upon outcomes. Each week the patient will have three sessions lasting on average three hours and each session will be equally divided between cardio, job specific and injury specific therapy. The initial eval will establish a baseline and an FCE can be performed at the end of the treatment program. Treatment involves exercises as well as functional tasks and activities. The objective of the work conditioning program is to restore the injured employee’s physical capacity and function for return to work with an emphasis on prevention of future injury teaching correct body mechanics with safe movement patterns.

## THE RESULT

A confident and capable employee ready to undergo the essential and critical demands of the job without concern of safety or re-injury. An employee that is functionally ready to participate in the field of work is our end goal.



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## REFERENCES

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