



FUNCTIONAL WORK CONDITIONING

Getting you prepared for a safe, sustained re-entry into the workforce

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.

TRIPLE 3

3

- 3 Weeks
- 3 Days a Week
- 3 Hours a Day

3 DAYS

3

- **WEEK 1:** Mon, Wed, Fri
- **WEEK 2:** Mon, Tue, Fri
- **WEEK 3:** Mon, Tue, Wed

3-PART
SESSIONS
INCLUDE

3

- 1/3 Job Specific Activities
- 1/3 Cardio Therapy
- 1/3 Injury Specific Activities

A functional capacity evaluation post the triple 3 program is available to quantify functional abilities prior to return-to-work related duties. Our goal is to provide a motivated and confident employee back to work safely and functionally sustainable.



peakphysicaltherapy.com



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