

## Work Injury Rehab

Worker rehabilitation is a program that helps care for employees who have suffered overuse injuries and even traumatic injuries both on the job and off the job. The program's goal is to help increase the workers physical tolerance so they can return to work.

Work Rehab Programs are based around physical therapy treatments designed to help ensure a timely and complete recovery. Therapy treatments are focused on body performance and bio-mechanics in relation to the affected tissues in an effort to help the patient return to work. Most worker rehabilitation programs will require 2 – 6 weeks of therapy.

Most work injury rehab programs will offer the following services:

**Return-to-Work Program:** Conditions people to be able to work again. Techniques may involve job stimulation tasks, aerobic conditioning, and endurance.

**Prevention Services:** Helps the employee learn to take personal responsibility for preventing a work related injury.

**Post-Surgical Rehab:** Right after a surgery, patients may be experiencing pain, swelling, loss of motion, stiffness, decreased functioning, scar tissue development, general weakness, and the inability to walk up or down stairs. Physical therapy treatments and specific exercises can be performed in the clinic and at home to help the patient manage these post-surgery issues and help them regain their strength and range of motion.

**MVA post-injury Rehab:** Motor Vehicle Accident Rehab is a highly specialized type of rehabilitation with a goal of returning the patient to the physical condition they were in before the accident. MVA Rehab programs are often large collaborations with other health care providers and may involve many blended treatments. Blended treatments may include active rehabilitation and massage, or may require other treatments modalities from chiropractic care, hydrotherapy, and acupuncture.

**Reconditioning:** Physical reconditioning is an individualized treatment program designed to return the patient's core strength, endurance, flexibility, and mobility.

Physical reconditioning is provided for patients in one-on-one supervised fitness training and conditioning programs. Typically, these programs are designed for individuals who have become de-conditioned as a result of disability following an injury or illness.

Ideally, the conditioning program is based on the functional perspective of each client, with exercises designed to help the client perform many of their daily tasks and regular activities. The ultimate goal is to later transition the client into improved health so they can go back to work.