

Work Conditioning/Hardening Program

We would like to thank you for choosing us to complete your work hardening/conditioning program. We also would like to give you some important information about this program.

Your **Doctor and Worker's Compensation Insurance Carrier** has given approval for work hardening/conditioning to begin. During the program a Job Demands Analysis and work hardening evaluation may be performed. After completing the program a Functional Capacity Evaluation or Comprehensive Functional Discharge Summary is performed. These are described below:

Job Demands Analysis (JDA): A therapist enters your work environment, views your specific job demands and discusses those demands with you and your employer. This information is strictly used to provide you a treatment program that assists in successful return to work.

The Work Conditioning/Hardening Evaluation: This evaluation is designed to evaluate your tolerance/ability to perform specific job tasks usually determined from the Job Analysis or other means. You will be asked to use a heart rate monitor and perform tasks including but not limited to bending, lifting, walking, balancing, and carrying. This evaluation is meant to see where you are in the course of your recovery, and the level you will start your program at.

Work Conditioning/Hardening Program: The program consists of a total body workout with a primary goal of returning you to full duty work. It will focus on strengthening your entire body while implementing job simulated tasks for you to perform in order to return you to work. This is a Monday through Friday treatment program and you will be asked to participate up to 3.5 hours in the beginning of the program per day. Your hours may be increased up to six hours per day or you may return to work on modified duty part time while in the program.

Functional Capacity Evaluation (FCE): This is a comprehensive evaluation designed to evaluate your tolerance/ability to perform your required job demands. This evaluation is meant to see if you are able to return to full duty work. In place of a Functional Capacity Evaluation a comprehensive Functional Discharge Summary may be performed as well.

Once again, we would like to thank you for choosing us and hope that you will find the work conditioning/hardening program beneficial for you.

I hereby have read, reviewed and understand the Work Conditioning/Hardening Program.

Patient Signature

Date



Work Hardening/Conditioning Basics

- Please know that the program will range from a minimum of 3.5 hours to 4 – 6 hours to complete, and will increase as you progress.
- If light duty work is available at your employer than returning to light duty would be more beneficial and this program will remain at 3.5 hours.
- **It is important that you attend all of your scheduled appointments. We are required to notify your case manager of missed appointments which could ultimately jeopardize your case. If for any reason you must cancel an appointment please call prior to that time and reschedule for another day during the same week.**
- The therapist is in contact with your doctor and case manager on a regular basis, and functional progress notes will be written as you go.
- Wear appropriate clothing and footwear. Try to dress as close to your work attire as you can, yet be comfortable.
- If you have specific tools, belts or other objects you must use on a daily basis for your job, please bring them in, or describe the object so that we can simulate it as close as possible.
- The therapist will take you through your program the first couple of visits, and go over the paper work required.
- You should always let your therapist know if any activity causes you an increase in your symptoms.
- **It is important that all exercises are done, even if they do not pertain to your specific injury. You will be able to progress at a comfortable pace.**
- The program will start with a light weight along with repetition based on the evaluation.
- Specific Job Simulated tasks will be implemented when appropriate.
- Functional re-assessments will be performed every two weeks and you may meet with your overall treatment team at this time
- Strategies will be developed to maximize your functional ability in regards to work without relying on physical therapy modalities (i.e. ultra sound, soft tissue massage, heat and ice).

I hereby have read, reviewed and understand the Work Hardening Basics sheet.

Patient Signature

Date

