



WORK CONDITIONING PROGRAM

The work conditioning program typically last **2-4 hours/day for 2-5 days/week** depending upon the physical demand level of the job, time restraints on returning to work, and the ability of the patient to function in the program. An initial assessment/examination will be done to obtain a starting point to determine the present work level of the patient.

The work conditioning program is designed to be an individualized rehabilitation program to prepare the injured worker to return to work in the best condition possible. This program is to progress the patient from a hands-on rehabilitation approach to an independent strengthening and conditioning program. Our program is to provide the strengthening, conditioning, body mechanics education, and job simulation necessary to allow the patient to progress to the point of returning to work or to be able to begin vocational rehabilitation. The type of exercises/tasks that the patient will progress to (depending on the physical demand level of job) is dynamic lifting, carrying, pushing, pulling, and cardiovascular conditioning with work activities and work postures.

The patient's responsibilities are:

- Give their best effort in the program
- Attendance and participation in the program is the key
- Keep an open discussion between yourself and your therapist about your questions, difficulties, and symptoms.

Reasons to discontinue the work conditioning program are the inability to progress the patient toward the goals of returning to work. The patient declines to continue the program and failure to comply with requirements of participation. The therapist may determine that the patient will no longer benefit from this program.

FOR MORE INFORMATION, CONTACT OUR OFFICE AT (434) 797-1807

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