

## Work Conditioning

Work Conditioning is a specialized type of rehabilitation designed to facilitate the functional recovery of injured workers following a work related injury. Work Conditioning typically is a more intensive progression from regular Physical or Occupational Therapy. Once the acute effects of an injury or surgery has passed and the injured worker has been rehabilitated to normal range of motion and muscle strength, but continues to be unable to return to a physically demanding job, Work Conditioning is appropriate.

A good Work Conditioning program will include job specific functional tasks as well as general body endurance and strengthening activities designed to improve the injured workers functional ability or tolerance.

Implementing an effective Work Conditioning program requires good functional information required for the job in question. A good Functional Job Description is helpful in order to ensure maximum efficiency for a Work Conditioning Program.

Work Conditioning has been proven to work in injured workers who are motivated to return to work. Tom Mayer demonstrated the following statistics in a Functional Restoration Program comparing patients who completed a Work Conditioning program to those who did not:

	Completed Program	Did Not
Return to work %	91%	49%
Still Working at 1 year follow up	85%	39%
Additional Surgery Required	4%	12%
Average # Visits to New Health Care Provider	2.3	21
Average "New Injury" to same area	7%	29%

At Bluegrass Orthopaedics we will **Guarantee** our Work Conditioning outcomes. If the injured worker passes our Pre-Work Conditioning Functional Capacity Evaluation, we will **Guarantee** they will achieve their return to work goals or we will refund ALL charges related to the Work Conditioning Program\*. For more information contact Robert Pruden, PT. at [RPruden@bluegrassortho.com](mailto:RPruden@bluegrassortho.com) or call 859-422-4555.

\*Chronic Inflammatory conditions and end stage Degenerative conditions excluded. Bluegrass Orthopaedics review the case and determine if the patient qualifies. An accurate Functional Job Description of the return position is required to objectify program end point.