



WORK INJURY REHABILITATION PROGRAM

Rebound Work Conditioning Program

REBOUND PHYSICAL THERAPY'S Work Conditioning program is designed to transition the injured worker from initial rehabilitation needs to job specific, work simulated programming as quickly as possible.

Critical components of our work hardening program

- 2-4 hour progressive program attended 3-5 days per week
- Goal of progressing participant toward returning to full or modified duty
- Licensed OT/PT supervision
- Emphasis on job simulation tasks for specific job return
- Emphasis on prevention of future injury teaching correct body mechanics and safe movement patterns
- Exercise programming tailored toward improving flexibility, strength, and endurance required for successful return to work. At program completion, a comprehensive home exercise program will be provided to ensure long term success
- Assist the work conditioning participant to resume appropriate work behaviors including attendance, punctuality, and response to supervision
- Performance of graded job simulation activities, so the participants gain confidence in their ability to return to work and so they can apply their body mechanical changes in a meaningful way
- Comprehensive patient education on pacing, stress management back care and injury prevention
- Physical Capacity / Work Capacity / Job Analysis / Ergonomic Analysis Available

CONTACT US

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Work Injury Rehabilitation Program

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