



# Work Conditioning/Work Hardening Training Program



## Who Should attend:

Physical Therapists  
 Physical Therapy Assistants  
 Occupational Therapists  
 Occupational Therapy Assistants  
 Human Resource Professionals  
 Athletic Trainers  
 Exercise Physiologists  
 Allied Health Professionals

## Contact Hours:

16 Hours

## Tuition:

\$475.00

## Education Level:

Introductory  
 No pre-requisite required

## Content Domain:

Evaluation

## Course Instructors:

See reverse for course instructors

## Course Approval:



APPROVED PROVIDER of  
 CONTINUING EDUCATION  
 by The American Occupational  
 Therapy Association, Inc.



State of Illinois Physical Therapy  
 Continuing Education Sponsor



OccuCare Systems & Solutions  
 3535 30th Ave, Suite LL1  
 Kenosha, WI 53144  
 866-470-4440

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## Course Description

The Work Hardening/Work Conditioning training program is designed for medical professionals who are looking to grow their return to work program or implement work hardening/conditioning into their practice. When implemented correctly, work hardening/conditioning programming can be the most profitable program a clinic has and can be implemented in any size clinic. Following the completion of this two day program you will be able to perform Work Hardening/Conditioning evaluations, establish return to work goals, perform patient treatment planning and design rehabilitation programming that will be recognized by case managers and your referral sources as the highest of return to work quality. Attendees will also be introduced to processes to increase your work conditioning/hardening referrals by 100% through functional re-assessment testing in outpatient therapy.

You will receive hands on experience performing work conditioning/hardening assessments, outlining return to work goals, creating treatment plans from your evaluations, and turning your treatment plans into high quality patient treatments that will get your patients back to work.

Satisfactory course completion as an assessment of learned outcomes includes:

- Participation in the full two days of training
- Performing a Work Hardening/Conditioning Evaluation
- Creating return to work goals
- Preparing a treatment plan based on your evaluation and designing the rehab program
- Classroom presentation/critique of your evaluation and treatment plan

## Learning Outcomes

By the end of this training program learners will be able to:

- Perform work hardening/conditioning evaluations including:
  - Intake Process
  - Sitting and Standing
  - Musculoskeletal Screening and Evaluation
  - Upper Extremity Testing/Coordination
  - Repetitive Functional Activities
  - Occasional/Frequent Material Handling
- Create return to work goals and treatment plans from your evaluations
- Understand the industrial rehabilitation philosophy
- Rehabilitate the injured worker
- Understand principles of industrial rehabilitation
- Perform industrial rehabilitation documentation
- Design and set up your physical space
- Establish your program and grow your market share
- Establish return to work goals
- Determine frequency/durations and length of stay in program
- Identify appropriate exercise programs and job simulated activities
- Deal with the difficult return to work patient
- Perform a Job Demands Analysis for a work hardening/conditioning patient
- Perform work hardening/conditioning treatment
  - Identifying appropriate treatment
  - Properly progress your patient

# Course Instructors



## **Jim Mecham, MS, OTR/L, AEP**

Jim has dedicated his career to developing comprehensive industrial rehab programming that returns an injured worker to work as soon as possible. He has developed multiple Functional Capacity Evaluations with his crowning achievement being the FCE within the Online Assessment Application. His degrees in Occupational Therapy and Industrial Engineering provides a perfect fit to rehabilitate workers following an injury and provide them with the best in industrial rehab services. Jim's extensive experience in the field of industrial rehabilitation is why clinicians throughout North America train with him to implement and/or enhance very profitable approaches to industrial rehab. Jim has taught clinicians throughout the United States to implement industrial rehab within the smallest of locations that significantly enhances their bottom line. Jim's training and OccuCare's Online Assessment Application provides clinician's referral sources with high quality reports that keep the referrals and revenue flowing.



## **Michelle Paulowske, OTR/L, CEAS, CFCE**

Michelle received a Bachelors of Science degree in Occupational Therapy from Mount Mary College in Milwaukee, Wisconsin and continued her pursuit of excellence by obtaining certifications as a Certified Functional Capacity Evaluator and in ergonomics. Throughout her expansive career she has utilized her knowledge and expertise to specialize in industrial rehabilitation and presently oversees the industrial rehabilitation programming at multiple locations for a Midwestern based outpatient rehab facility. Michelle is a strong believer in continuous improvement through education and with this belief has trained medical providers throughout North America how to succeed at implementing high level industrial rehabilitation programming. Michelle's expertise in Work Hardening/Work Conditioning and Functional Capacity Evaluations consistently helps her students achieve a higher skill level in this complex programming. The thousands of Functional Capacity Evaluations she has performed allows her to bring real world experience to her training programs. Michelle is a resource to medical professionals throughout North America when looking to implement or enhance work hardening/conditioning and functional capacity testing.



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