



## 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

## 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:

\$500.00

## Education Level:

Introductory  
No pre-requisite required

## Content Domain:

Evaluation

## Course Instructors:

See reverse for course instructors

## Course Approval:



OCCUPRO  
3921 30th Ave, Suite A  
Kenosha, WI 53144  
866-470-4440

[www.occupro.net](http://www.occupro.net)



# Course Instructor



## **Jim Mecham, MS, OTR/L, CPE, CFCE**

Jim has dedicated his career to developing comprehensive industrial rehab programming that returns an injured worker to work as soon as possible and providing organizations with ergonomic injury cost reduction services that positively influence their bottom line. Jim's experience includes seven years in a CARF accredited work hardening program, 5 years working with a Midwest based private practice implementing work hardening/conditioning within 15 locations, and teaching thousands of medical professionals globally how to implement and grow profitable work hardening/conditioning programs. His background in Occupational Therapy and Industrial Engineering provides a perfect fit to rehabilitate the injured worker and provide ergonomic consulting to help make sure the injured worker successfully returns to work. Jim is a Certified Professional Ergonomist and has been awarded this certification through the Board of Certification in Professional Ergonomics. Jim's extensive experience in the field of industrial rehabilitation, work hardening, and ergonomics is why medical professionals from all over the world come to his training programs to learn to implement the latest in work hardening or conditioning programs.



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