



Work Hardening/Conditioning Training Course

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Day 1 – Industrial Rehabilitation Philosophy and WH/WC Evaluation

Time	Subject	Content	Method of Instruction
7:45 – 8:15	Registration	Receive your course materials	Training Compendium
8:15 – 8:30	Introduction	Clinic tour, instructor/attendee intro, overview of course	Lecture, Tour, Power Point
8:30 – 9:00	Work Hardening – Conditioning Foundation	Explore the history of this form of treatment, discuss the foundation or programming	
9:00 – 9:30	Principles of Work Hardening/Conditioning	Discuss the basic principles and differences of a work hardening program and work conditioning program	Lecture, Power Point
9:30 – 10:00	WH/WC Documentation	Learn the principles of return to work documentation and its difference compared to outpatient documentation	Lecture, Power Point
Break 10:00 – 10:15			
10:15 – 10:30	Designing and setting up your space	Learn to design and set up your WH/WC space	Lecture, Power Point, Handouts
10:30 – 10:45	Establishing your program	How to become a leader in WH/WC in your market, what outcome measures to collect	Lecture, Power Point
10:45 – 11:00	Achieving extraordinary outcomes	Collecting statistics and establishing outcome measures	Lecture, Handouts
11:00 – 11:30	Implementing functional assessments	Discuss the importance of re-assessment during your program and making sure you document functional progress	Lecture, Power Point
11:30 – 12:00	Online Assessment Application	Overview of the Online Assessment Application	Lecture, Power Point, Software
Lunch 12:00 – 1:00			
1:00 – 2:00	The OccuPro Evaluation Philosophy	Discuss the foundation of performing industrial rehab and how to perform these services at a high level	Lecture, Power Point
2:00 – 2:30	Job Demands Analysis	Learn the importance of performing a job demands analysis and how to perform this	Lecture, Power Point, Handouts, Video
2:30 – 3:00	Work Hardening/ Conditioning Evaluation	Evaluation overview, Intake Process, Sitting/Standing, Musculoskeletal Testing	Lecture, Power Point, Handouts
Break 3:00 – 3:15			
3:15 – 4:45	Work Hardening/ Conditioning Evaluation	Upper Extremity Testing, Repetitive Functional Activities	Lecture, Power Point, Hands-On, Demonstration
4:45 – 5:00	Closing Comments	Day 1 wrap up and overview of Day 2	Lecture



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Day 2 – Work Hardening/Conditioning Program

Time	Subject	Content	Method of Instruction
8:00 – 9:00	Work Hardening/ Conditioning Evaluation	Repetitive Functional Activities, Balance, and Climbing	Lecture, Power Point, Hands-On, Demonstration
9:00 – 10:00	Work Hardening/ Conditioning Evaluation	Occasional and Frequent Material Handling Testing, Kinesiophysical vs. Psychophysical approach	Lecture, Power Point, Hands-On, Demonstration
Break 10:00 – 10:15			
10:15 – 10:30	Job Simulation Testing and Treatment	Learn to evaluate job simulation and incorporate into treatment	Lecture, Power Point, Hands-On, Demonstration
10:30 – 10:45	Final Documentation and Goals	What should be included in your final documentation and establishing return to work goals	Lecture, Power Point Handouts, Software
10:45 – 12:00	WH/WC treatment plan	Turning your goals into a return-to-work treatment plan, implement OccuPro documentation sheets, circuit training, work conditioning, and job simulation	Lecture, Power Point
Lunch 12:00 – 1:00			
1:00 – 1:30	Billing and Coding	How to bill and code your program appropriately	Lecture, Power Point
1:30 – 1:45	Progressing your patient	How to progress your patient from initial evaluation to return-to-work	Lecture, Power Point, Handouts
1:45 – 2:00	Working with the difficult patient	How to work and progress the difficult patient from multidisciplinary standpoint	Lecture, Power Point
Break 2:00 – 2:15			
2:15 – 2:30	Work Hardening – Work Conditioning Evaluation practicum	Review a Work Hardening – Work Conditioning Evaluation	Hands On, Demonstration, Lecture
2:30 – 3:00	Work Hardening Work Conditioning treatment plan practicum	Create a treatment plan and determine weekly progression of your patient based on the Work Hardening- Work Conditioning Evaluation	Hands-On and Demonstration
3:00 – 4:00	Work Hardening-Work Conditioning practicum	Based on initial evaluation/treatment plan create daily activities your patient would perform in your program and how to progress them to their overall return to work goal.	Hands On and Demonstration
4:00 – 4:15	Wrap Up	Final questions, wrap up, course evaluations and CEUs	Lecture