WORK HARDENING/CONDITIONING TRAINING COURSE

Course Description
The Work Hardening/Conditioning Training Course 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 programs can be the most profitable program a clinic offers and can be implemented in an organization of any size. 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.

In class students will receive hands on lab experience while On Demand and Live Webcast students will receive demonstrations 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 2 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 certification course attendees will be able to:
• Perform the latest evidence based 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 and apply the OccuPro industrial rehabilitation philosophy
• Rehabilitate injured workers using the latest evidence based full duty return-to-work concepts
• Apply industry accepted principles of industrial rehabilitation
• Perform industrial rehabilitation documentation
• Design and set up your physical space
• Establish your program and grow your market share
• Synthesis and document high level 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 including:
  – Identifying appropriate treatment
  – Properly progress your patient

For more information:
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Jim Mecham, MSIE, 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 work 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 Work Hardening/Conditioning Training Course.