



### Who Should Attend

Physical Therapists  
Physical Therapist Assistants  
Occupational Therapists  
Occupational Therapist Assistants  
Athletic Trainers  
Exercise Physiologists  
Chiropractors  
Medical Doctors  
Kinesiologists  
Physicians  
Allied Health Professionals

### Contact Hours/CEUs

14.5 Hours (2 days)  
1.4 AOTA CEUs

### Training

\$525 – On Demand  
\$600 – Live In Person  
\$600 – Live Webcast

### Education Level

Introductory  
No prerequisites required  
15:1 student to instructor ratio

### Content Domain

Category 1: Domain of OT – Work

**Course is approved throughout  
the US for physical therapists**

### Course Description

Our 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, this 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/work conditioning evaluations, establish return-to-work goals, and perform patient treatment planning. You will also be able to design rehabilitation programming that will be recognized by case managers and your referral sources as the highest of return-to-work quality. You will also be introduced to processes to increase your work conditioning/hardening referrals by 100% through functional re-assessment testing.

Live In Person students will receive hands on lab experience, while On Demand and Live Webcast students will receive demonstrations performing work hardening/conditioning 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
- Perform a work hardening/conditioning evaluation along with course instructor
- Create return-to-work goals
- Prepare a treatment plan based on your evaluation and design a treatment plan
- Present your evaluation and treatment plan
- Completion of course quiz with a score of 80% or better in all course formats

### Learning Outcomes

- Define the latest evidence based work hardening/conditioning evaluation processes 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
- Apply the OccuPro industrial rehabilitation philosophy
- Rehabilitate injured workers using the latest evidence based return-to-work concepts
- Apply industry accepted principles of industrial rehabilitation
- Perform industrial rehabilitation documentation
- Design and set up your physical space
- 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/work conditioning patient
- Perform work hardening/conditioning treatment including identifying appropriate treatment and properly progressing your patient

**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 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 Work Hardening/Conditioning Training Course.

**Paige Shafer, MS, OTR/L, CFCE, CEAS**

Paige Shafer received her Masters Degree in Occupational Therapy from Rush University in Chicago, IL. She has 17 years of clinical experience in hand therapy, industrial rehab, and ergonomics. She has performed hundreds of functional capacity evaluations, including job specific and baseline for disability claims, and has worked in the clinic developing and implementing work hardening/conditioning programs. She is a Certified Functional Capacity Evaluator and a Certified Ergonomic Assessment Specialist. She has performed ergonomic evaluations in the office and industrial environments, and has worked with employers developing job demands analysis and on-site injury prevention programs.