

OUR CLIENTS

Appropriate clients for the Industrial Rehabilitation Program at Northwest Hospital & Medical Center are individuals who have limited physical abilities following injury, accident, or surgery that limits safe return to work.

In addition, a Work Conditioning client may have limited cardiovascular capacity or strength that limits safe return to work.

Clients wishing to participate in the Work Hardening Program must have a job goal and be no more than two years post-injury.

FOR MORE INFORMATION

If you or a family member are interested in participating in the Industrial Rehabilitation Program, please contact your physician for a referral. For more information about Industrial Rehabilitation please call the Center for Medical Rehabilitation at Northwest Hospital & Medical Center, 206.368.1769.

Northwest Hospital & Medical Center is a 504/ADA accessible employer. Auxiliary aids (sign language interpreters, readers) or alternate formats of written materials will be made available, upon request.

ETHICS STATEMENT

The Center for Medical Rehabilitation at Northwest Hospital & Medical Center is committed to ethical behavior in respect to the patient's right to participate and determine his/her own plan of care. To act for the well being of the patients and the members of the hospital's community. To provide fair, equitable, and appropriate treatment in accordance with the law. To effectively and respectfully work with a diverse cultural and ethnic mix of patients, visitors, and staff.

LOCATION & DIRECTIONS

Northwest Hospital & Medical Center

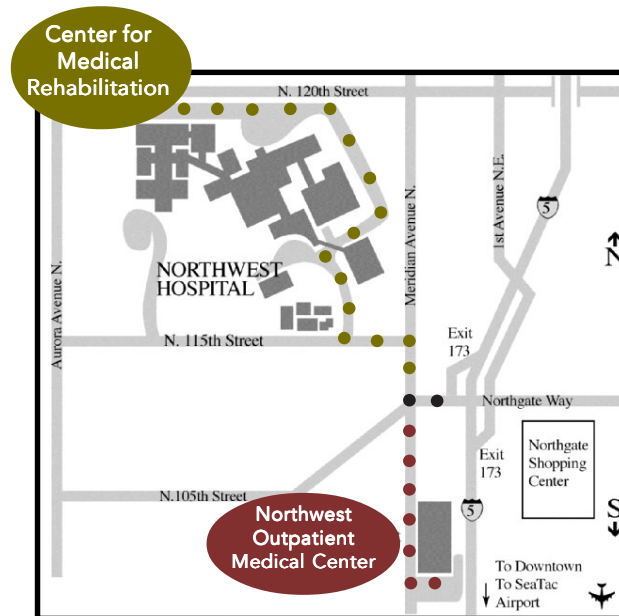
1550 North 115th Street
Seattle, WA 98133

From I-5 take exit 173.
Turn west on Northgate Way.
At Meridian Avenue North, turn right (North).
Take the first left onto 115th Street.

Northwest Outpatient Medical Center

10330 Meridian Avenue North, Suite 110
Seattle, WA 98133

From I-5 take exit 173.
Turn west on Northgate Way.
At Meridian Avenue North, turn left (South).
Entrance will be on left.



B-66 (1/04)

INDUSTRIAL REHABILITATION PROGRAM



Providing a smooth transition back to the work setting after injury, accident, or surgery.



**NORTHWEST HOSPITAL
& MEDICAL CENTER**
Center for Medical Rehabilitation

www.nwhospital.org

Call 206.368.1769

INTRODUCTION - A TEAM APPROACH

The goal of the comprehensive Industrial Rehabilitation Program at the Center for Medical Rehabilitation at Northwest Hospital is to return the client to the appropriate work setting. In our integrated approach, services are provided by licensed Physical Therapists and Occupational Therapists who work closely with everyone involved in a worker's rehabilitation to ensure a smooth transition from the program to the work site. The physician, employer, vocational counselor, and claims manager are kept informed of the client's progress through weekly progress meetings. Our program meets Labor and Industries standards and we are an approved state of Washington provider.

PHYSICAL CAPACITY EVALUATION

Determining an individual's work ability following an injury or accident.

A Physical Capacity Evaluation (PCE) is a physical test designed to provide information about an injured worker's ability to meet a specific occupational demand following an injury.



If the worker is unable to return to work following an injury or accident, the PCE can help determine what level of work the individual is capable of performing.

The PCE takes approximately 4 to 5 hours and is generally completed in one visit. The evaluation includes standard assessments of range of motion, strength, coordination, dexterity, materials

handling, and overall physical conditioning related to job classification and duties.

Results from the PCE are summarized and physical abilities are compared with the Department of Labor and Industries standards. Recommendations are provided regarding current physical condition and appropriateness for safe return to work, or participation in a work conditioning, work hardening, or other program.

WORK CONDITIONING

Restoring the injured client's ability to safely return to work.

The Work Conditioning Program is a series of progressive exercises and activities designed to increase strength and physical endurance. Clients are also educated about body mechanics to prevent re-injury. These exercises and activities are specifically designed to prepare the individual for the safe return to work or to progress to a Work Hardening Program.



Clients in the Work Conditioning Program will meet for 2 to 3 hours per day, 3 to 5 days per week for up to 8 weeks depending on the client's physical condition.

WORK HARDENING

Helping workers return to work as quickly as possible.

Work Hardening is an individualized, highly structured, job specific therapy program. The program consists of progressive exercise and simulated work activities specifically created to maximize the worker's return to work.

Key components of Work Hardening include physical conditioning, work simulation, and education to build strength, endurance, and improve function, while helping to prevent re-injury. In addition, work simulation specific to job responsibilities, education (related to body mechanics), pacing, and equipment modifications are incorporated into the program and provided to the client.

Participants in the Work Hardening Program are expected to treat the program like work. Individuals arrive at the Center, receive their assignments for the day, and "go to work." Clients begin the program with 4 hours of therapy a day, 5 days a week, and progress to 8 hours a day, 5 days a week over a 4-week period.

