

FEATURED ARTICLE



A properly designed job specific rehab and work conditioning program is critical to a safe and sustainable return to work.

Musculoskeletal sprains and strains to the knee, shoulder, wrist, neck and back are highly prevalent across a multitude of industries [1] and create a great financial strain on both a company and its employees [2]. Once an employee suffers one of these injuries, they're faced with an elevated risk of re-injury once they've returned to work [3]. There are no guarantees when it comes to the human body. Proper planning and execution of job specific rehab and work conditioning programs, in addition to a well-designed return to work program by the employer, may drastically improve an employee's chances of avoiding a devastating re-injury

For an in depth look at work conditioning/work hardening click [here](#)

1. <http://www.bls.gov/iif/oshwc/osh/case/ostb3204.pdf>
2. <https://www.osha.gov/Region7/fallprotection/safetypays.html>
3. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4258105/>

OUR SERVICES

Job Specific Rehabilitation

Work
Conditioning/Hardening
Programs

Functional Capacity
Evaluations (FCE)

Fit for Work Assessment

Post Offer Pre-Employment
Screening (POET)

Job Demands Analysis (JDA)

Job Transfer Testing

Preventative Maintenance
Testing for the Aging
Workforce

Fitness Programs for the
Industrial Athlete

Ergonomic Workstation
Assessments

Ergonomic Hazards Analysis

On Site Therapy Support

Educational Programs
(CEU's)

Fit2WRK[®] CONNECTION

"An integrated approach towards the evaluation, management & treatment of soft tissue injuries in the workplace."



Igloo is the leading supplier of beverage coolers for worksite hydration. Now 850 employees strong, Igloo world headquarters is a 1.4 million square foot facility located in Katy, Texas. Offering over 500 different products, Igloo coolers are sold by more than 250 retailers around the world.

The unique operations and repetitive nature of the work at Igloo drove the development of industry specific protocols that cater to the specific essential and critical demands of the assembly operators and mold workers at Igloo. These new testing programs combined with job specific rehabilitation that will include actual Igloo product in the clinic for conditioning of their employees will help to ensure a safe and sustained return to work post injury. Ultimately by having Fit2WRK monitoring employees, they can qualify weakness before injuries have a chance to occur.

"As we look to continue our focus on improving our injury prevention program, we feel the next logical step is to reevaluate job tasks and work environment for improvement opportunities. When we met with Fit2WRK, everything just clicked. Their expertise in the area of pre-employment assessments, job requirements evaluations, and post injury rehabilitation were exactly what we felt could help us reach our goals. Even though we are early in the process, the representatives from Fit2WRK have gone above and beyond to partner with us and provide valuable input and services. There is no doubt we will have a better screening and post injury program with their assistance." Al M. Payton, EH &S Manager, Igloo Products Corp.

Did you know that 25% of workers with low back injuries experience a re-injury to the low back within a year after return to work?

It's true. Data collected from various studies and sources over the last decade, including the Bureau of Labor Statistics indicate that up to 25% of workers that suffer a loss time incident due to a soft tissue sprain or strain, primarily the low back, are expected to reinjure that same body part within a year of return to work.

Fit2wrk is featured on
PTandMe.com



An informational site for patients interested in or considering physical, occupational, and/or hand therapy.