

FEATURED ARTICLE



Returning to Work Post Injury

You have completed your rehabilitation and your treating physician is determining your ability to perform your essential and critical elements of your job. At this point testing for functional abilities in a legally sound and safe way, can provide the factual evidence necessary for the Physician to ensure a “safe” and “sustainable” re-entry into the workplace and also may provide the necessary confirmation to the employer to build confidence in your return post injury.

Return to work evaluations are often called Functional Capacity or Requirement Evaluations or Fit for Duties Exams – they all include a job specific testing protocol with components of:

- Strength (Whole body and joint specific based on previous injury) – tested dynamically and statically
- Range of motion (Total Spine and Extremities)
- Dexterity / Handling ability
- Cardiovascular Response / Endurance
- Once testing is complete a return to work determination is developed that may result in any of the following;
 - Return to full duties
 - Return to modified duties
 - Return to work with accommodations
 - No return to work

If no return is advised, then subsequently a determination if you have reach Maximal Medical Improvement (MMI) is reached – if yes then vocational rehabilitation may proceed or if not perhaps you could benefit from functional work conditioning to get you to the appropriate level.

Return to work testing is essentially like an X-Ray except it is used to measure functional abilities, both are tools used by the Physician to direct care and quantify outcomes.

For more information about returning to work post injury [click here](#).

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."*



General Mills, Inc. is an American Fortune 500 corporation, primarily concerned with food products headquartered in Golden Valley, Minnesota, a suburb of Minneapolis. The company markets many well-known brands, such as Betty Crocker, Yoplait, Colombo, Totinos, Jeno's, Pillsbury, Green Giant, Old El Paso, Häagen-Dazs, Cheerios, and Lucky Charms. Its brand portfolio includes more than 100 leading U.S. brands and numerous category leaders around the world.

"General Mills, New Albany Indiana, Pillsbury Plant recently sought the counsel of Fit2WRK in reducing the injury rate by addressing some of our job demands analysis document requirements and new hire/ injury screening protocols. It has been a very positive and beneficial exercise and we are excited to continue to utilize the specialists at Fit2WRK expertise in the new hire/ return to work methodologies. Our focus on safety has always been paramount and it is important to us to be working with a company like Fit2WRK that has our company's key interests in mind. Furthermore, Fit2WRK offers programs suited to all aspects from hiring to retiring and this diversity of service offerings is important to us as we move forward in our future risk management directives." M. Puckett, CSP, Health & Safety Manager General Mills

"Through the development process all areas of expertise; from plant managers and human resources to health and safety were involved in the process and rollout of the Fit2WRK initiative at General Mills. It became clear early on that mitigating risk was a priority and ensuring a healthy stable workforce was paramount. We are pleased to be seeing positive results from our partnership " R.Gagne, VP Works Compensation and Disability, Fit2WRK & USPT

*According to
the 2009 RIMS
Benchmark Survey,
86% of companies
have a return to
work program.*

It is important to note that the longer a person is out of work, the greater the chance they will NEVER return to work. According to Bureau of Labor statistics, if an employee is off work for an occupational illness for more than one year, there is only a 25% chance they will return to work. If they are off work for two years, there is almost no chance of a successful return to work.

Fit2wrk is featured on
PTandMe.com



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