



Work Hardening/Conditioning Training Course – On Demand

Jim Mecham, MSIE, OTR/L, CPE

Day 1

Time	Subject	Content	Method of Instruction
8 minutes	Introduction	Overview of course and introduction to course instructor	Lecture, Power Point
13 minutes	Work Hardening Conditioning Foundation	Explore the history of this form of treatment, discuss the foundation	Lecture, Power Point
44 minutes	Principles of Work Hardening Conditioning	Discuss the basic principles and differences of a work hardening program versus a work conditioning program versus advanced work rehabilitation	Lecture, Power Point
15 minutes	Work Rehabilitation Documentation	Learn the principles of return-to-work documentation and its difference compared to outpatient documentation	Lecture, Power Point
12 minutes	Designing Your Space	Learn to design and set up your work hardening and conditioning space	Lecture, Power Point
24 minutes	Establishing Your Program	How to become a leader in your market and what outcome measures to collect	Lecture, Power Point
5 minutes	Achieving Extraordinary Results	Collecting statistics and establishing outcome measures to grow and sell your program	Lecture, Power Point
38 minutes	Implementing Functional Testing	Discuss the importance of re-assessment during outpatient rehab/work conditioning and making sure you're documenting functional progress	Lecture, Power Point
6 minutes	Return-to-Work Software	Overview of OccuPro's workers' compensation approved documentation system which includes outpatient documentation and work hardening/conditioning documentation	Lecture, Power Point, Software
57 minutes	OccuPro Evaluation Philosophy	Discuss the foundation of performing industrial rehab and how to perform these services at a high level	Lecture, Power Point
36 minutes	Evaluation	Begin your evaluation including overview intake process, sitting and standing, consistency of effort, and reliability of pain	Lecture, Power Point, Software
29 minutes	Job Demands Analysis	Learn the importance of performing a job demands analysis and how to perform one	Lecture, Power Point, Course Material, Video, Software
5 minutes	Musculoskeletal Testing	Discuss the importance of full body musculoskeletal testing in your evaluation	Lecture, Power Point, Video, Software
62 minutes	Upper Extremity Testing	View and learn upper extremity functional testing to determine return-to-work ability in your evaluation	Lecture, Power Point, Demonstrations, Video, Software



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Day 2

Time	Subject	Content	Method of Instruction
67 minutes	Work Hardening Conditioning Evaluation	Repetitive Functional Activities, Balance, Climbing, Occasional and Frequent Material Handling Testing, Kinesiophysical vs. Psychophysical Approach	Lecture, Power Point, Demonstrations, Video, Software
15 minutes	Job Simulation Testing and Treatment	Learn to evaluate job simulation and incorporate into treatment	Lecture, Power Point, Demonstrations, Video, Software
13 minutes	Sit Stand Climb	Discuss when it is appropriate to test sitting, standing, and climbing	Lecture, Power Point, Demonstrations, Video, Software
11 minutes	Final Documentation and Goals	What should be included in final documentation and establishing return-to-work goals	Lecture, Power Point, Demonstrations, Video, Software
39 minutes	Work Hardening Conditioning Treatment Plan	Turning your goals into a return-to-work treatment plan, implement OccuPro documentation sheets, circuit training, work conditioning, and job simulation	Lecture, Power Point, Course Material
15 minutes	Billing and Coding	How to bill and code your program appropriately	Lecture, Power Point
13 minutes	Progressing Your Patient	How to progress your patient from initial evaluation to return-to-work	Lecture, Power Point, Course Material
12 minutes	Working with the Difficult Patient	How to work and progress the difficult patient from multidisciplinary standpoint	Lecture, Power Point
57 minutes	Work Hardening Conditioning Practicum	Review a work hardening/conditioning evaluation, create a treatment plan, and determine weekly progression of your patient based on the evaluation	Lecture, Power Point, Demonstrations, Software
2 minutes	Wrap Up	Wrap up the course, take quiz, complete course feedback form, and schedule a time to speak with the course instructor	Lecture