Getting People Back to Work

On the job injuries are expensive for both the worker and the employer. At St. Luke’s, we are committed to helping injured workers return to work quickly and safely. Through our comprehensive occupational rehabilitation program we partner with patients at any stage of their injury to provide personal and customized services throughout the return to work process.

An effective team approach

Our professional, experienced interdisciplinary teams of physical, occupational and behavioral therapists are specially trained and certified to help people succeed at returning to work. Services range from evaluations and assessments to therapy treatments, as well as behavioral therapy and ergonomics.

St. Luke’s offers the only Washington State Labor & Industries approved, CARF-accredited pain and occupational rehabilitation program in the region and is focused on getting injured workers back on the job.

“St. Luke’s has given me the tools so that when I do get out there I have ideas for the right postures and lifting techniques . . . it is much safer for me . . . I’ve increased my endurance quite a bit. I’ve gotten a lot stronger. It has done wonders for me. It has made life a lot better.”

Scott Abbott, St. Luke’s Patient
Services Offered

Work Readiness Evaluations

Functional Capacity Exams (FCE)
Functional Capacity Exams (FCE) are comprehensive objective tests of the worker’s ability to perform simulated work tasks and meet the demands of their job as it relates to the nature of their injury. These exams evaluate a person’s physical abilities and capacities to accomplish a wider range of potential jobs.

Exam Types:
- One day – Standard and long FCE (3-4) hours.

Ergonomic Worksite Assessment
- Identifies workplace factors that may cause or aggravate musculoskeletal injuries.
- Designing jobs or workplaces to match the capabilities and limitations of the individual worker.

“I found out that because of my injury, my arms were using the wrong muscles. I had to learn to use the right muscles again. How to breathe properly, how to relax better, stuff like that. It helps at work and all aspects of my life.”

Brent Porter, patient

Robert Divine, patient and masonry worker.

Partners in health at any stage of injury

Preventing Injuries | Getting People Back to Work | Back to Life

Ergonomic Worksite Assessment | Work Readiness Evaluations (FCE) | Therapy
- Physical
- Occupational
- Vocational
- Behavioral
- Progressive Goal Attainment Program
  - Work Hardening
  - Work Conditioning

Structured Intensive Multidisciplinary Pain Program (SIMP)
Complex Regional Pain Syndrome (CRPS)

Physiatry
Psychology
COHE Community of Eastern Washington
Individualized Therapy Treatments

Work Hardening: (PT/OT)
St. Luke’s work hardening treatment utilizes simulated work activities designed to restore functions needed to return the injured person to work. Treatments focus on productivity, safety, physical tolerances and behaviors. The program features:

- Real or simulated work tasks
- Physical conditioning
- Job specific strengthening, endurance
- Daily treatment, increasing weekly from 4 to 8 hours a day with physical and occupational therapy combined
- 4 week duration
- Job analysis required
- Focus: work simulation, conditioning, body mechanics training
- Washington Labor & Industries approved site

Work Conditioning: (PT/OT)
Work conditioning is appropriate when an injured worker needs to restore functional capacities, improve strength and achieve physical abilities necessary to re-enter the work force. The treatment can also lessen the risk of re-injury. Work conditioning includes:

- Core training, strengthening, flexibility and range of motion exercises
- Work simulation activities designed to focus on target job
- 30-day program with treatment 3-5 days per week
- Focus: Improve function, strength with focus on return to work
- Washington Labor & Industries approved site

Structured Intensive Multidisciplinary Pain Program (SIMP)
The Pain Rehabilitation Program helps patients better manage persistent pain and improve physical abilities to return the injured worker to work. With a focus on improving strength, endurance and overall function it is a structured, 20-day interdisciplinary therapy program that combines physical, occupational, vocational and behavioral therapies.

Weekly interdisciplinary case conferences with patient, clinicians and vocational rehabilitation counselor are included.

The program is the only Washington Labor & Industries, CARF-accredited pain rehabilitation program in the Inland Northwest.

This program is also appropriate for injured workers who have been considered for a fusion or intervertebral artificial disk replacement.

Complex Regional Pain Syndrome (CRPS)
Complex Regional Pain Syndrome (CRPS) is a persistent pain disorder that may develop after a traumatic injury or a period of immobilization. Patients are evaluated by qualified staff and if recommended they are admitted to inpatient rehab for 5-7 days with epidural catheter placement, monitoring, physical therapy, occupational therapy, biofeedback and psychology services. The use of an epidural catheter facilitates control of alldynia allowing patients to participate in rehabilitation they would not be able to otherwise. Once initial desensitization and mobilization is accomplished, catheter is removed and patient is transferred to the outpatient structured intensive multidisciplinary pain program for ongoing functional restoration.

Pain Psychology
St. Luke’s offers on-site clinical and counseling services to help individuals and their families, including:

- Psychological evaluation and treatment
- Neuropsychological assessment
- Pre-surgical evaluations
- Biofeedback evaluation and treatment
- Pain management

Progressive Goal Attainment Program (PGAP)
PGAP is a 10-week evidence based treatment program designed to identify and treat the psychological risk factors contributing to an individuals disability. Appropriate patients include injured workers struggling with musculoskeletal conditions, depression and other debilitating conditions that are preventing them from participating in the return to work process.
Physical Medicine and Rehabilitation

The St. Luke’s Physiatry Practice physicians are passionate about treating patients needing access to the entire spectrum of rehabilitation services including injured workers with musculoskeletal and myofascial injuries. Services include:

- Electrodiagnostics
- Physiatry consultation
- Physiatry treatment

COHE Community of Eastern Washington

COHE Community of Eastern Washington, a project of St. Luke’s Rehabilitation Institute, works cooperatively within the ‘community of health care’ in developing programs to improve the quality, cost effectiveness and consistency of care for injured workers in the Inland Northwest. Outcomes show COHE’s success in reducing disability and returning injured workers to the job with a 33 percent reduction in disability. St. Luke’s works with providers, employers and Washington Labor & Industries to improve injured worker outcomes and get people back to work.

Get your questions answered by COHE’s Health Services Coordinators who are available at no charge to you to help get people back to work safely and quickly.

92% of Pain Rehabilitation patients are deemed ready to return to work at time of discharge
Functional Capacity Summary

As part of St. Luke’s commitment to best practices for injured workers, St. Luke’s therapists complete a Functional Capacity Summary form that measures a patient’s readiness to return to work. This form assists in the completion of the Activity Prescription Form (APF) required by Washington Labor & Industries.

- Joint report completed by and Occupational and Physical Therapist
- Report data mirrors information required by the Labor and Industries APF Form
- Data on report will outline the injured workers functional capacities
- Data will summarize functional capacities vs. job of injury requirements
- Reports will be completed bi-monthly
Getting People Back to Life

With You and the Injured Worker in Mind

We understand time is critical in workers' compensation cases. Our goal is to provide increased availability and reporting solutions to get injured workers back on the job.

• Regular reporting
  - Bimonthly progress reports from the interdisciplinary team regarding the injured worker's progress and detailing functional capacities and readiness to return to work.
  - Comprehensive discharge reports completed within 7 business days.

Treatment Goals

• Improve functional capacities
• Improve physical functioning and endurance
• Prepare for workforce re-entry
• Teach techniques for effective management of persistent pain
• Teach the importance of proper body mechanics
• Improve psychological wellness, mental cognition and focus
• Minimize injury recurrence, lost time and disability
• Increase independence with activities of daily living

To refer your patient to one of our outpatient locations, call (509) 473-6869; Fax: (509) 473-6097

Inpatient Case Management
Phone: (509) 473-6058
Fax: (509) 473-6118

Outpatient Locations
For a list of all outpatient therapy locations near you visit www.st-lukes.org/locations
Phone: (509) 473-6869
Fax: (509) 473-6097

St. Luke's is a division of Inland Northwest Health Services (INHS). INHS is a non-profit corporation in Spokane, Washington providing collaboration in health care services on behalf of the community.