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 industrial 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 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

Physical and Functional Capacity Exams (PCE/FCE)

Physical and Functional Capacity Exams (PCE/FCE) are comprehensive objective tests of the worker’s ability to perform work-related 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.
• Two day – Standard components, second day’s test is a repeat of specific components FCE (5-6) hours over two days.

“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 breath properly, how to relax better, stuff like that. It helps at work and all aspects of my life.”

Brent Porter, patient

Ergonomic Worksite Assessment

• Job Safety and Job Site Evaluations identify factors of a work site or specific job task that impact the worker’s safety.

Partners in health at any stage of injury

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Individualized Therapy Treatments

Work Hardening
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:
• 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

Pain Rehabilitation Program (SIMP)
The Pain Rehabilitation Program helps patients better manage chronic pain and improve physical abilities to return the injured worker to work. The program focuses on improving strength, endurance and agility and 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 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.

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:
• Electrodiagnostic
• Physiatry consultation
• Physiatry treatment

Work Conditioning
Work conditioning is appropriate when an injured worker needs to restore physical capacity, strength and endurance to return to work. The treatment can also lessen the risk of re-injury. Work conditioning includes:
• General strengthening
• 1 hour occupational therapy, 1 hour physical therapy each day
• 2-5 days per week
• 4-8 week duration
• Focus: build strength and endurance

Robert Divine, patient and masonry worker.
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.

- Injured workers will be offered appointments within 24 hours of receiving the referral.
- 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 five business days.

Treatment Goals

- Improve functional capacities
- Prepare for workforce re-entry
- Teach techniques for effective management of chronic pain
- Teach the importance of proper body mechanics
- Improve mental cognition and focus
- Minimize injury recurrence, lost time and disability

Center of Occupational Health & Education (COHE)

The Eastern Washington Center of Occupational Health & Education, 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. A recent University of Washington study showed COHE’s success in reducing disability and returning injured workers to the job with a 20-25 percent reduction in disability. St. Luke’s works with providers, employers and L&I to improve injured worker outcomes and get people back to work.

To refer your patient, contact: one of our locations

St. Luke’s Rehabilitation Institute

Visit one of the three locations near you. (Not all services offered at all locations.)