Program
St. Luke’s Work Hardening and Work Conditioning programs provide effective, individualized and structured treatments. Work conditioning includes physical conditioning, injury prevention and wellness education. Work hardening delivers a more extensive and comprehensive interdisciplinary approach addressing pain and job readiness.

Work Hardening
- Job specific strengthening, endurance
- Daily treatment, increasing weekly from 4 to 7 hours a day with occupational therapy and physical therapy combined
- 4 week duration
- Job analysis required
- Focus: work simulation, conditioning, body mechanics training

Work Conditioning
- General strengthening
- 1 hour occupational therapy, 1 hour physical therapy per day
- 2-5 days per week
- 4-8 week duration
- Focus: build strength and endurance

Patient
Our services get people back to work and are appropriate for:
- Anyone who has sustained an injury while at work
- Workers with a self-insured or L&I claim
- Individuals who are at least 30 days post injury, and
  - need increased conditioning, strengthening and tolerance to work related activities
  - modifications to the job of injury need to be investigated to facilitate return to work
  - if work site evaluations need to be completed to facilitate return to work force

To refer your patient, contact: (509) 473-6869 fax (509) 473-6097
Treatment Goals

- Improve client’s functional capacities
- Prepare clients for workforce re-entry
- Educate clients in techniques for effective management of chronic pain
- Educate clients in the importance of proper body mechanics
- Provide Psychological services as needed
- Minimize injury recurrence, lost time, and disability

Treatment Resources

- Interdisciplinary staff made up of physical, occupational and aquatic therapists, as well as ergonomic and behavioral specialists
- Injured workers will be offered appointments within 24 hours of receiving the referral
- Physicians and vocational counselors receive regular client updates:
  - Bi-monthly reports from occupational therapist/physical therapist regarding your client’s progress
  - Bi-monthly summary of patient’s physical capacities including recommendations regarding ability to return to work
- Comprehensive discharge reports completed within five business days
- The only Labor & Industries, CARF accredited pain program in the Inland Northwest

Robert Divine, patient and masonry worker