

# OrthoIllinois: Work Conditioning @ WorkRight

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You have been referred for a **Work Conditioning** program. Your program will consist of various exercises and activities with a goal of preparing you to be fully released to regular work duties (unless it has been predetermined you are unable to return to full duty work).

- Work conditioning sessions typically range between 1.5-2.5 hours per session and can be scheduled in the morning or afternoon. In the event you are currently working light/restricted duty, we will do our best to coordinate your therapy schedule with your work schedule.
- The referring physician as well as your insurance company contact(s) will be updated regularly (about every 2 weeks) regarding your performance, attendance, and progress toward the return to work goals. The referring physician makes the decision regarding your ability to work and any changes/adjustments to your medical care, including discharge from this program. You reserve the right to discontinue this program at any time. We recommend you get support for this decision from the referring physician and/or insurance company.
- Work conditioning sessions must be approved by your insurance company. If it is determined additional sessions of this program are needed in order to meet the return to work goals, we will make a formal request for additional sessions. This request for continued care must be based on your compliance with the program regarding your performance, attendance, and objective progress toward the return to work goals.

**Performance:** We expect your best safe effort each session and you will be expected to demonstrate progress each session as outlined/scheduled on your flow sheet. Increases in pain and soreness are expected and are normal. If at any time, you do not feel you can safely perform, you have the responsibility of reporting this to your therapist, so the need for adjustments can be discussed and planned. It is important to pace your performance to allow for completion of goals each session.

**Attendance:** We/you are expected to follow physician orders. As with work, you are expected to attend, as scheduled. If you are unable to attend, you are expected to call and cancel your appointment prior to your scheduled treatment time. If possible, make every attempt to reschedule the missed appointment. If you do not call to cancel/reschedule, you will be documented as a 'no-show' for the missed appointment. Canceled appointments and no-shows are documented for all reports and are factored into your overall performance and compliance with this program.

**Return to Work (RTW) Goals:** The expectation of this program is to prepare you for full time work, with the likely recommendation of a full duty work release at the conclusion. You are expected to make progress toward the RTW goals. Work conditioning continuation is contingent on this progress.