

<i>Operational Definitions From Previous Guidelines (for historical purposes only)</i>		<i>Current Operational Definition</i>
<b><i>WORK CONDITIONING</i></b>	<b><i>WORK HARDENING</i></b>	<b><i>WORK REHABILITATION</i></b>
Addresses physical and functional needs; may be provided by one discipline (single discipline model)	Addresses physical, functional, behavioral, vocational needs within a multidisciplinary model	Addresses physical, functional, behavioral, vocational needs within a multidisciplinary model that includes medical and workplace stakeholders
Requires Work Conditioning examination and evaluation	Requires Work Hardening examination and evaluation	Requires examination and evaluation with functional testing. Also requires communication and coordination with other stakeholders.
Utilizes physical conditioning and functional activities related to work	Utilizes real or simulated work activities	Utilizes various therapeutic interventions with a functional emphasis, emphasizing the role of the worker/work activities
Provided in multi-hour sessions up to: <ul style="list-style-type: none"> <li>• 4 hours/day</li> <li>• 5 days/week</li> <li>• 8 weeks</li> </ul>	Provided in multi-hour sessions up to: <ul style="list-style-type: none"> <li>• 8 hours/day</li> <li>• 5 days/week</li> <li>• 8 weeks</li> </ul>	Determined by situational analysis, may extend from hour/multi-hour sessions depending on evaluation plan of care and options/availability for work reintegration

# Example Exercise Work Hardening Program

**International Association of Industrial  
Accident Boards and Commissions**

## **Example Exercise Work Hardening Program:**

**Exercise in Rehabilitation Medicine** Walter R. Frontera, David M. Slovik, David Michael Dawson, 2006 In this book recognised experts Walter Frontera David Slovik and David Dawson discuss the latest research in exercise rehabilitation medicine

*Adult Physical Conditions* Amy J Mahle, Amber L Ward, 2018-04-17 The go to text reference for class clinical and practice A who s who of experts and educators brings you practical in depth coverage of the most common adult conditions and the corresponding evidence based occupational therapy interventions Written for OTAs to meet their unique needs this approach combines theory with the practical evidence based functional content that develops the critical thinking and clinical reasoning skills that are the foundation for professional knowledgeable creative and competent practice

**Rehabilitation of Musculoskeletal Injuries** Peggy A. Houglum, Kristine L. Boyle-Walker, Daniel E. Houglum, 2022-11-17 Rehabilitation of Musculoskeletal Injuries Fifth Edition With HKPropel Online Video presents foundational concepts that support a thorough understanding of therapeutic interventions and rehabilitative techniques Accompanying video demonstrates challenging or novel rehabilitative techniques

**Rehabilitation of the Hand and Upper Extremity, E-Book** Terri M. Skirven, A. Lee Osterman, Jane Fedorczyk, Peter C. Amadio, Sheri B Feldscher, Eon Kyu Shin, 2020-01-14 Long recognized as an essential reference for therapists and surgeons treating the hand and the upper extremity Rehabilitation of the Hand and Upper Extremity helps you return your patients to optimal function of the hand wrist elbow arm and shoulder Leading hand surgeons and hand therapists detail the pathophysiology diagnosis and management of virtually any disorder you re likely to see with a focus on evidence based and efficient patient care Extensively referenced and abundantly illustrated the 7th Edition of this reference is a must read for surgeons interested in the upper extremity hand therapists from physical therapy or occupational therapy backgrounds anyone preparing for the CHT examination and all hand therapy clinics Offers comprehensive coverage of all aspects of hand and upper extremity disorders forming a complete picture for all members of the hand team surgeons and therapists alike Provides multidisciplinary global guidance from a Who s Who list of hand surgery and hand therapy editors and contributors Includes many features new to this edition considerations for pediatric therapy a surgical management focus on the most commonly used techniques new timing of therapeutic interventions relative to healing characteristics and in print references wherever possible Features more than a dozen new chapters covering Platelet Rich Protein Injections Restoration of Function After Adult Brachial Plexus Injury Acute Management of Upper Extremity Amputation Medical Management for Pain Proprioception in Hand Rehabilitation Graded Motor Imagery and more Provides access to an extensive video library that covers common nerve injuries hand and upper extremity transplantation surgical and therapy management and much more Helps you keep up with the latest advances in arthroscopy imaging vascular disorders tendon transfers fingertip injuries mobilization techniques traumatic brachial plexus injuries and pain management all clearly depicted with full color illustrations and photographs

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**Musculoskeletal Disorders in an Assembly Factory** Dennis R Jones,2006 The Comprehensive Guide to Work Injury  
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injury and return the injured worker to the job This timely resource provides updates on the practical cost effective approaches that produce measurable outcomes Readers will learn how to apply the latest techniques for early intervention and  
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H. Kirkaldy-Willis,Charles Burton,1992 A revised and updated edition which presents information on essential principles  
diagnostic techniques clinical aspects and treatment This edition features total care prevention maintenance and education  
100 new illustrations details on intracapsular technique and other new information **Minnesota Rules** ,2013 **Patty's**  
**Industrial Hygiene, VII: Specialty Areas and Allied Professions** Robert L. Harris,2000-03-27 The standard reference in  
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Kristine M. Krapp,2002 *Harvard Women's Law Journal* ,1996 **Workmen's Compensation Problems** International  
Association of Industrial Accident Boards and Commissions,1989

## **Example Exercise Work Hardening Program** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Example Exercise Work Hardening Program**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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