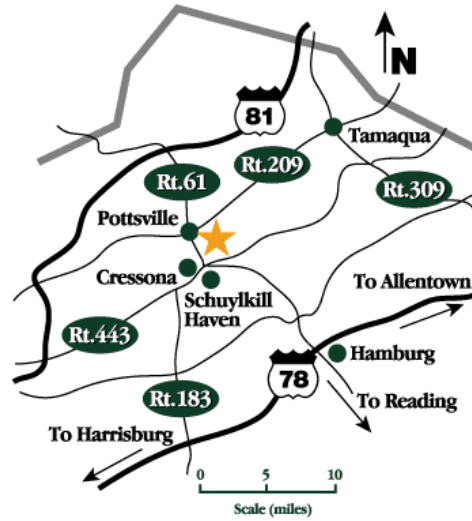


WORKINETIC

GOALS:

- To insure a smooth, rapid, and safe transition into the work force.
- To develop physical tolerance for work, including flexibility, strength, and endurance.
- To develop safe job performance to prevent re-injury.
- To develop and reinforce appropriate work behaviors.
- To provide data concerning a worker's physical and psychological tolerances that is essential to the vocational planning process.
- To determine if tool or job site modifications, ergonomics, or assistive technology will remove barriers to return to work.
- To promote patient responsibility and self management.



☆ Schuylkill Rehabilitation Center is conveniently located in Pottsville



**300 SCHUYLKILL MEDICAL PLAZA
POTTSVILLE, PA 17901
HOURS: MON.-FRI. 7AM-6PM
SATURDAY 8AM -12 NOON
Phone: 570-621-9500
Fax: 570-621-9510
Website: www.schuylkillrehab.com**

WorKinetics

**Targeted to
rehabilitate the
injured person back
to work**

WORKINETICS PROGRAM

Workinetics is a return to work program designed for injured persons who are unable to return to performing their job responsibilities effectively. The program is overseen by Occupational Therapists who design work hardening and conditioning tasks to gradually re-introduce activities specifically designed for each individual. In addition to specific job tasks, body mechanics, and ergonomic positioning are assessed on each patient and incorporated into all work performance components.

A team, including the injured worker, physician, employer, and insurance company, work together to facilitate the injured worker back to work proficiently.

Additional Services:

Functional Capacity Evaluations

A Functional Capacity Evaluation (FCE) is a systematic process of assessing an individual's physical capacities and functional abilities. The FCE matches human performance levels to the demands of a specific job or work activity of occupation. The FCE establishes the physical level of work an individual can perform. FCE's can provide objective information regarding functional work ability in the determination of occupational disability status.

Body Mechanics Assessment/Instruction and Ergonomic Intervention

Body mechanics instruction offers a practical way to educate workers in the efficient use of the human body in the performance of work activities. Instruction in proper techniques is provided to the worker to utilize when lifting, pushing, pulling, and carrying. Individualized ergonomic intervention may be incorporated to modify the order, method, environment and/or tools to reduce the risk of re-injury.

Additional Services:

Job Site Evaluations

This is a comprehensive detailed assessment of the patient's work duties at the place of employment. A detailed analysis is performed including postural, procedural, and biomechanical aspects of the employee at his or her workplace. Interviews, pictures, and/or video is taken in order to fully analyze the job and identify any risk factors. A comprehensive report is provided to the physician, employer, and patient regarding recommendations for any physical and/or procedural changes that could be made to provide a more ergonomically correct environment.

If you would like more information on these services for your employees, patients, or yourself, please contact Schuylkill Rehabilitation Center at (570) 621-9500.