



Work Conditioning

...CONDITIONED FOR WORK

The Workplace Health, Safety and Compensation Commission (WHSCC), physiotherapists, and occupational therapists are there to help you get ready to meet the physical demands of your job.

WORK...

- Is an important part of life!
- Allows us to have a productive role in society.

The Work Conditioning Program is designed to help you safely return to work as soon as possible.

WHAT SHOULD I EXPECT FROM THE WORK CONDITIONING PROGRAM?

The program starts with a detailed two-part assessment by your physiotherapist. The physiotherapist will assess your injury to determine what treatment you need, and if the Work Conditioning Program is appropriate for you. The physiotherapist will also ask you specific questions about your work and check your abilities to perform the various components of your job.

WORK CONDITIONING IS...

Exercise to improve your movement, strength and physical fitness to help you safely return to work. You may also practice components of your job to improve your ability to work.

Information to help you understand your injury and expected recovery and to help you learn safe work techniques so you can prevent a similar injury from happening again. The physiotherapist will also help you find ways to control your symptoms at home and at work.

Return-to-Work Program – You will return to work as soon as you are ready to perform some of your job for at least part of the day. An occupational therapist will work with you and with your employer to plan a program of tasks you can safely perform at work, and to progress those tasks until you are able to perform your full duties.

WHAT ARE MY RESPONSIBILITIES?

- Give your best efforts to the program.
- Keep discussion open with your physiotherapist: what's working, where you're having difficulties.
- Follow the program prescribed by the physiotherapist at the clinic and at home.
- Work with your physiotherapist to find ways that you can control your symptoms.
- Keep in touch with your employer and agree to do the tasks you are safely able to do as part of your return-to-work program.



WORK CONDITIONING
PROGRAM

