

## Industrial Rehabilitation

OAD Orthopaedic Rehabilitation's industrial services are designed to get employees back to work quickly and safely with tailored upper extremity, lower extremity and spine programs.

### Functional Capacity Evaluation

Generating a detailed profile of an individual's work capabilities and limitations, a functional capacity evaluation (FCE) identifies whether an employee is ready to return to a previous job, an alternate job or needs to continue further treatment. FCE includes:

- Musculoskeletal screening
- Functional strength testing
- Cardiovascular testing
- Work capacity testing



### Work Hardening/Work Conditioning

These advanced rehabilitation programs transition patients from acute care therapy to a safe return to work. The programs use strength conditioning, cardiovascular activities and exercises to increase work tolerance levels following an injury. Exercise programs are customized for each patient based on the specific diagnosis and job requirements. Programs include:

- Flexibility exercises
- Job simulation
- Body mechanics
- Ergonomics training
- Strength training
- Endurance training
- Cardiovascular conditioning

### Prevention Programs

Prevention programs reduce work injury through employee education. Prevention services include:

- Body mechanics training/"back school"
- On-site job task analysis
- Job task screening
- Ergonomic evaluation

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*Orthopaedic Experts, Close to Home.*



## OAD Orthopaedic Rehabilitation

Physical Therapy  
Occupational / Hand Therapy  
Industrial Services  
Sports Medicine  
Massage Therapy

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## Physical Therapy and Sports Medicine

OAD Orthopaedic Rehabilitation provides comprehensive physical therapy services to individuals and athletes with injuries or physical impairments with a focus on patient education and prevention of re-injury. The physical therapy staff includes specialists in orthopaedics, sports injuries and athletic training.

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## Occupational Therapy / Hand Therapy

Optimal recovery from an injury to the upper extremity requires high quality rehabilitative care. With Certified Hand Therapists (CHTs) on staff, OAD Orthopaedic Rehabilitation's services combine experienced staff with the latest treatment techniques and modalities to provide exceptional care.

### *What can you expect when you come to OAD Orthopaedic Rehabilitation for therapy?*

#### **Professional Staff**

Patients receive hands-on care from experienced, licensed professionals. The staff advance their skills through regular participation in formal continuing education programs.

#### **Comprehensive Evaluations**

Each patient is evaluated thoroughly with tests of motion, strength, sensation, pain and dexterity, and a functional assessment of activities of daily living.

#### **Manual Treatment**

Our staff are trained in advanced manual therapy and mobilization techniques to restore pain-free function and activity.

#### **The Latest Treatment Modalities**

Our rehabilitation programs offer a complete array of treatment modalities that support and enhance the plan of care. These may include neuro-muscular electrical stimulation, TENS, iontophoresis, biofeedback, ultrasound, fluidotherapy, hot packs, ice and hydrotherapy.

#### **Individualized Treatment Programs**

Your therapist will establish a detailed treatment program that addresses your specific goals. Each patient also receives a home exercise program in order to enhance recovery through independent activity. Athletes are provided sports-specific training.

#### **Excellent Equipment and Facilities**

With private treatment rooms, exercise and fitness gyms, BTE and work simulation areas, our facilities meet your therapy needs while maximizing your comfort and privacy.

#### **Customized Splints**

Static, dynamic and static progressive splints are available to facilitate the restoration of normal function, increase movement, decrease joint deformity, compensate for lost muscle function, and protect healing tissues.

#### **Communication with Your Doctor**

Our therapists maintain close communication with your doctor throughout the duration of your therapy.

*OAD Orthopaedic Rehabilitation's staff specializes in the rehabilitation of patients with orthopaedic problems and can design treatment programs for a broad spectrum of performance levels.*



*OAD Orthopaedic Rehabilitation provides highly trained professional staff, a caring environment and state-of-the-art equipment to meet your rehabilitation needs.*

