

PhysioWorks

Injury Prevention Programs
Direct Access to Physical Therapy
Work Rehabilitation



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PhysioWorks

Who We Are





- PhysioWorks is a unique clinic that delivers Physical Therapy and Occupational Therapy through conservative treatment, accepting most insurances
- Our clinics service all types of orthopedic conditions, pre and post surgery
- Our principal focus is the rehabilitation of the injured worker and injury prevention
- We are experts in the workers'
 compensation process for the injured
 worker and we are NOT LNI





Current Process for Injured Worker

Employer has an Injured Worker Seek Medical Attention

- OccupationalMedicine Doctor
- MRI/Surgery

Work Rehabilitation

- Work Conditioning
- Work Hardening





Where Physio Works Injury Prevention comes in

POET
Post Offer
Pre-Employment
Testing

New Hire
Job
Conditioning

Aid

Seek Medical Attention

Employer has an

Injured Worker

• Occupational

Medicine Doctor

• MRI/Surgery

Work Rehabilitation

- Work Conditioning
- Work Hardening

- New Paradigm
- NOT Recordable
- Three Separate Programs

Current Way

Recordable

Avoiding Recordables through Injury Prevention

POET
Post Offer
Pre-Employment
Testing

New Hire
Job Conditioning
OSHA First Aid

- New Paradigm
- NOT Recordable





Program # 1 - New Hire Employees: Post Offer

POET
Post Offer
Pre-Employment
Testing

NOT Recordable

This physical job demand test focuses on reducing workers' comp costs through hiring employees that can perform essential functions and physical demands of a job. This testing is conducted onsite with work equipment.



Program #2 - New Hire Employee: up to 1 year



NOT Recordable Prepares and conditions new employees for job demands by training them on:

- Proper Body Mechanics
- Ergonomic Training for repetitive motion
- Stretches
- Overall Fitness



Program #2 - New Hire Employee: up to 1 year



NOT Recordable According to OSHA Statistical Report:

- 40% of injured workers have been on the job less than 1 year
- New workers are 5x as likely to be injured on the job than experienced workers



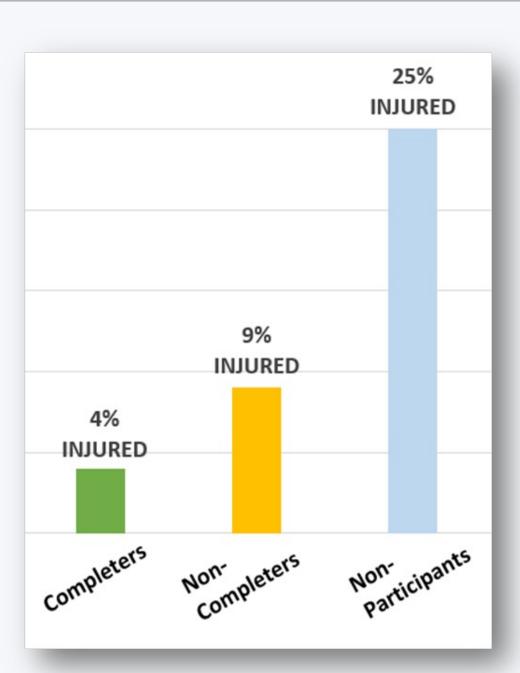
Program #2 - New Hire Employee: up to 1 year



NOT Recordable Sprain/Strain Injury Rates vs

Job Conditioning Class Participation

1 Year Post-Participation







Symptom Intervention:

Reduce/eliminate early signs and symptoms of musculoskeletal disorders while staying within OSHA first aid guidelines by providing injury reduction techniques and making recommendations and changes to reduce risk factors.

Common Examples:

- Overexertion injuries
- Repetitive motion on the job
- Aging workforce
- Micro injuries strains and sprains





- One-on-One treatment sessions focusing on the involved body part or parts and performing a musculoskeletal assessment and movement screening to determine the best plan of care
- Follow-up with employees to ensure aches and discomfort has minimized
- Assess workstation to see if any ergonomic or job modification changes can be made to prevent future issues and improve productivity
- Wellness program is implemented to reduce the potential of injuries





Interventions Include:

- Pre-shift stretching
- Kinesio taping
- Hot/cold pack
- Massage
- Non-rigid support
- Monitoring discomfort level
- Ergonomic assessment and recommendations of workspace
- Minor scrapes and cuts
- Non-work related injuries





Different types of responses available:

- On-site
- Rapid Rehab Response respond within 48-72 hours
- Near site where the employee can come directly to our clinic
- Telehealth virtual consultation



Benefits of an Injury Prevention Program



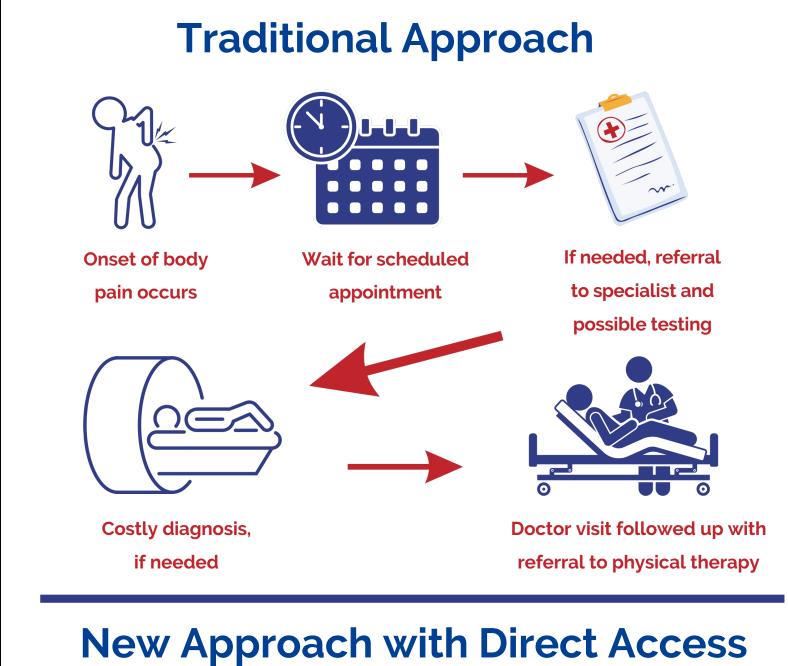
- Positive approach to occupational health and safety
- Focus on early intervention and preventative care
- Decrease OSHA recordables
- Decrease worker's comp premiums
- Increase productivity and retention
- Improve employee satisfaction and workplace culture

Direct Access to Physical Therapy

An additional advantage to having therapists on-site









See a PhysioWorks Physical Therapist with no doctor referral needed. Our PT's will create a plan of care specific to your needs or will recommend you to see another doctor or specialist.

An additional advantage of having access to therapists:

- Once we get to know the work force, we can notice changes with workers to help identify offthe-job injuries, which can contribute to workrelated injuries
- Physical Therapists are the recognized experts in musculoskeletal disorders
- Washington State is a direct access state for Physical Therapy, meaning no doctor referral is **needed**, which can reduce the medical costs to employers
- Worker can work towards a speedier recovery





Lower Direct Cost:

Employers may choose to pay for PT visit to lower musculoskeletal healthcare costs.

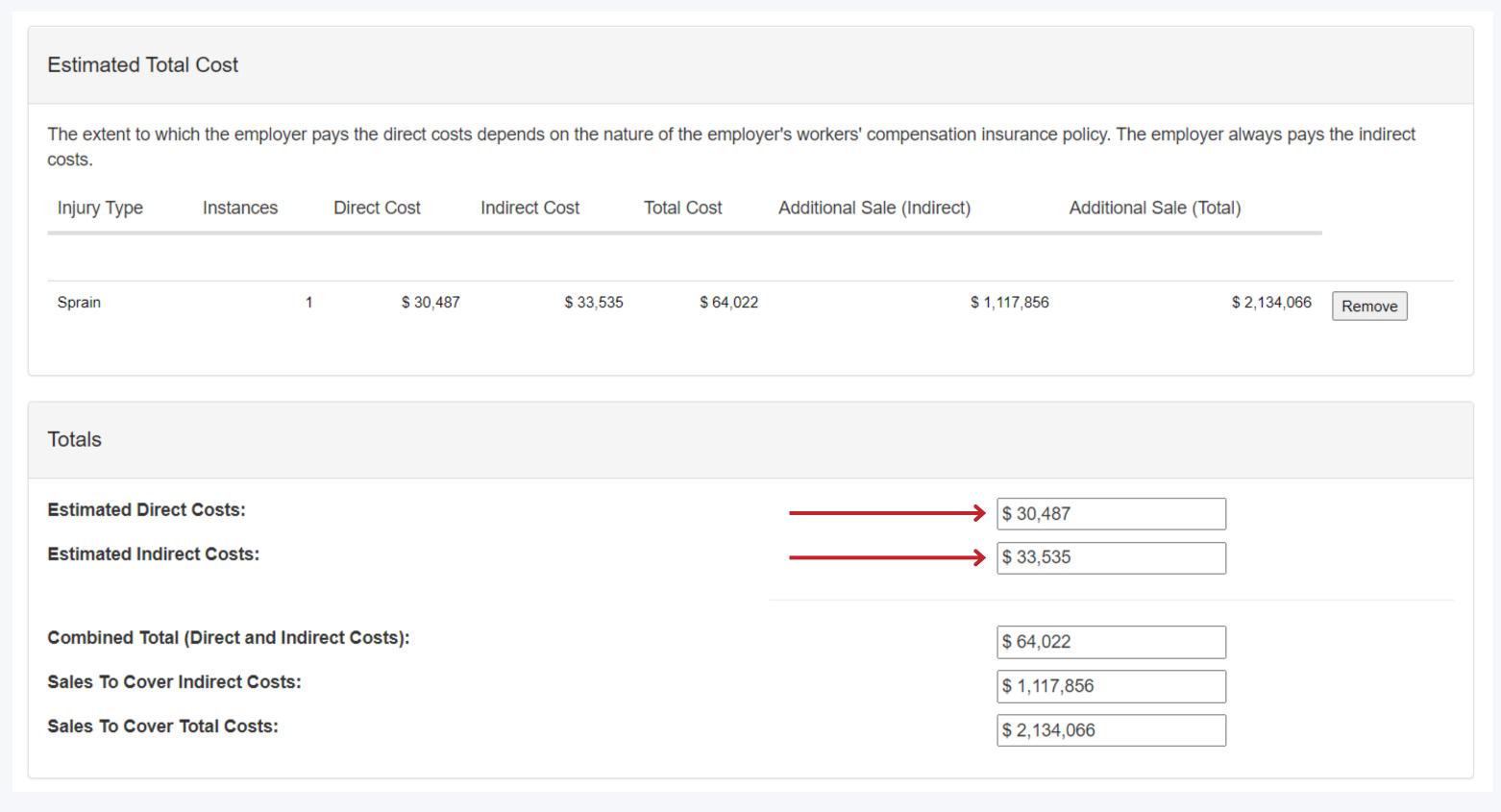
Lower Indirect Cost:

- Ongoing Time loss
- Decreased Productivity
- Train New Employees

https://www.osha.gov/safetypays/estimator



Example of Direct and Indirect Cost for a Sprain



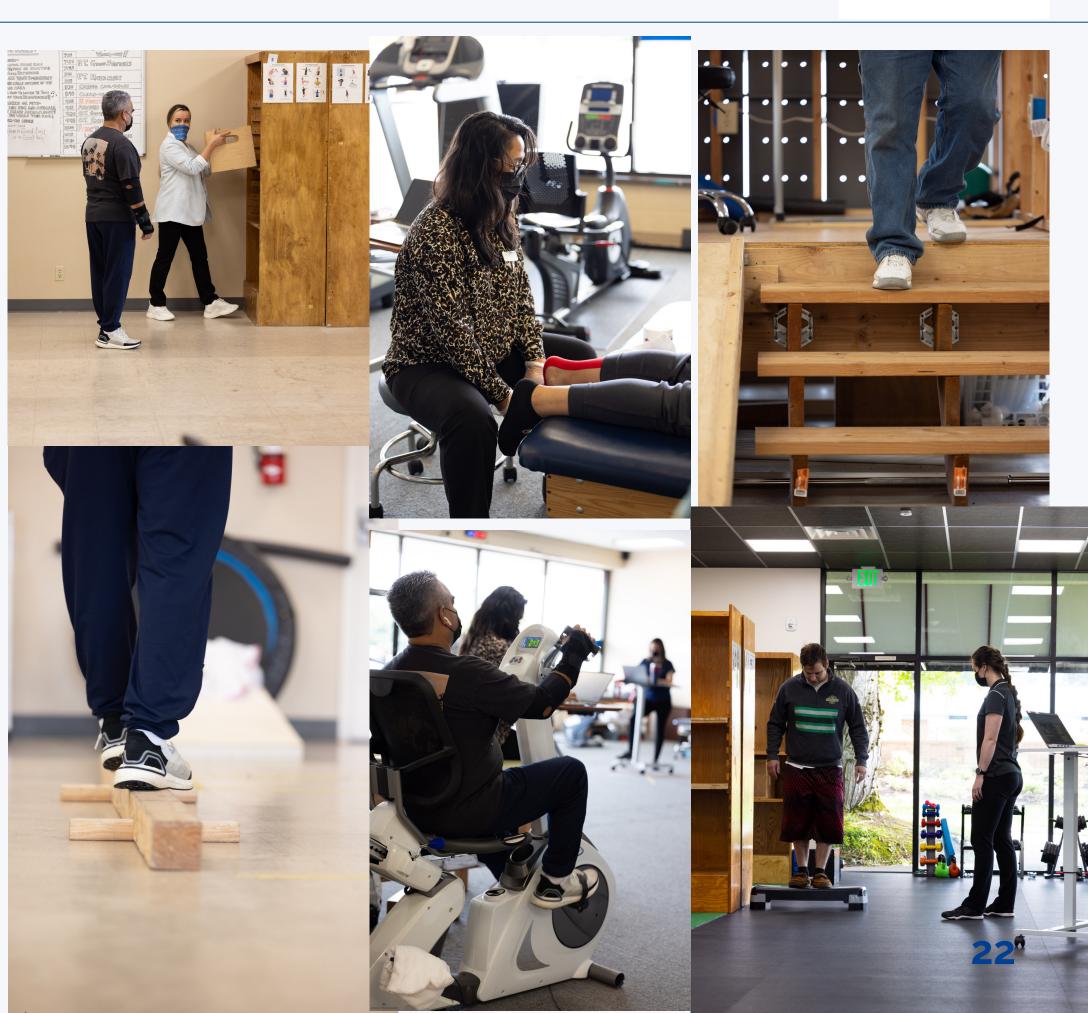
Work Rehabilitation

Work Conditioning & Work Hardening

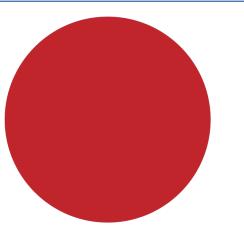




If a workplace injury occurs,
PhysioWorks provides Work
Rehabilitation Services at
our Kent and Silverdale
Clinics.

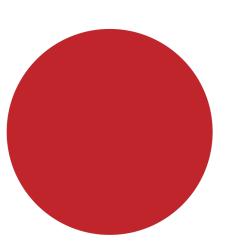




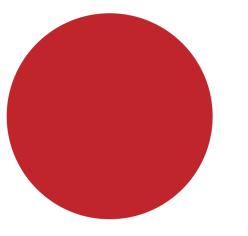


Initial Evaluation to Create Plan of Care

Optimal Goal: Keep Worker on Light Duty



Conservative PT/OT



May be Eligible for Work Rehabilitation to progress to Full Work Duty

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Locations

Kent & Silverdale







SILVERDALE

9399 RIDGETOP BLVD NW #101 SILVERDALE, WA 98383

P/TEXT:360.516.1210

F: 833.287.7170

Silverdale Services Offered:

- Physical Therapy
- Occupational Therapy
- Hand Therapy
- Work Conditioning
- Work Hardening



KENT

319 WASHINGTON AVE S.

KENT, WA 98032

(LOCATED INSIDE PHYSIO HEALTH CLINIC)

P: 253.850.9780

F: 253.850.6445

Kent Services Offered:

- Physical Therapy
- Occupational Therapy
- Hand Therapy
- Work Conditioning
- Work Hardening



Thank you

Danny Beeman

Email: dannybeemanmpt@gmail.com Cell: (425)318-0551 Jennifer Cruz

Email: injuryprevention@physioworks.clinic Cell: (310)849-3365