



### Most Common on the Job Injuries\*

- Traumatic injuries of the back (11,187)
- Open wounds of fingers (11,076)
- Traumatic injuries of the shoulder (4,265)
- Traumatic injuries of the leg (4,148)
- Surface wounds and bruises of the face (3,824)

The Occupational Safety and Health Administration reports that more than 40% of work-related injuries resulting in lost work days are due to strains and sprains of the spine.

In the US, back injuries cost businesses billions of dollars each year in medical as well as indirect costs, such as lost productivity and decreased morale.

*\*From Washington Department of Labor 2016 numbers*



*At Kitsap Physical Therapy we have 6 locations that offer Industrial Rehabilitation. The focus of treatment is to facilitate independence and a return to pain-free work.*

#### **Bainbridge (206) 842-6288**

*Jillian Barry OTR/L*

#### **Bremerton (360) 792-1015**

*Greg Stevenson PT, DPT, IHC*

*Erin Jackson MS, OTR/L, CSRS, AIB-VR/Con*

#### **Kingston (360) 297-7050**

*Eric Roth PT, DPT, COMT, IHC*

#### **Port Orchard (360) 895-9090**

*Candy Nelson PT, OCS, Cert. MDT*

#### **Poulsbo – NKMC (360) 779-3764**

*Elias Cook PT, DPT, OCS, TPS, Cert. MDT*

*Megan Milyard OT/L, OTD, AIB-VR/Con*

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#### **Silverdale (360) 613-1834**

*Steve Goldrick PT, DPT, OCS, TPS, CWcHP, CSC*

*Leandra Cooper OTR/L*



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AND SPORTS CLINICS

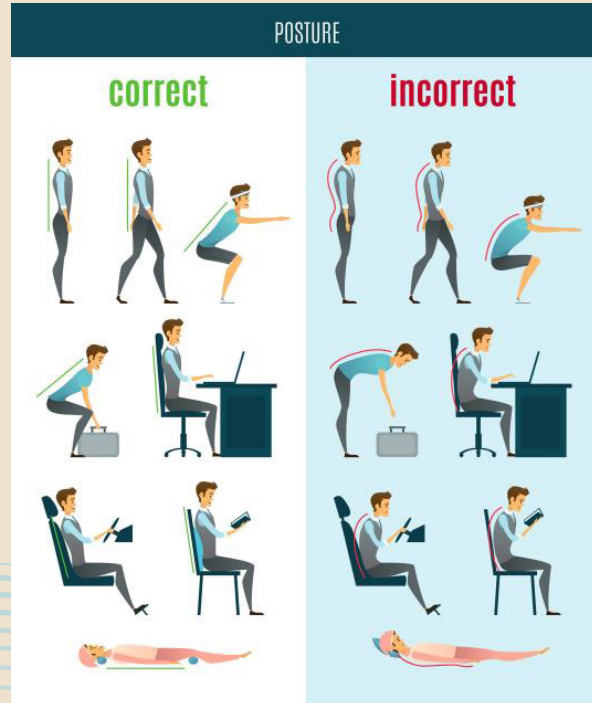
## **Industrial Rehabilitation**

*Physical Capacity Evaluations (PCEs/FCEs)  
Work Conditioning  
Workplace Ergonomic Assessments*

## Injury Prevention

Injury prevention is a broad term used in Industrial Health to encompass everything from instruction in “Stretch-n-Flex” programs to workstation design to instruction in proper lifting mechanics. The over-arching goal of injury prevention is to look for and assess potential causes of future injuries and eliminate them as much as possible so as to prevent the injuries from occurring in the first place.

Proper body mechanics instruction and joint protection can reduce your risk of injury on the job, and are two of the more common methods of injury prevention used.



## Services

*Our team of Physical and Occupational Therapists collaboratively work together in order to return you to work as quickly and safely as possible by providing evidence-based treatment plans.*

### Workplace Ergonomic Assessment

Our Occupational Rehab specialists provide workstation assessments for employees in office, industrial, and manufacturing settings. These specialists will observe and assess furniture, equipment, and work habits to provide comprehensive recommendations for changes to the work environment that enhance proper ergonomic practices. These assessments can be billed through insurance or handled on a private pay basis.

### Physical Capacity Evaluation (PCE)

A PCE is a comprehensive battery of performance-based tests that is commonly used to determine ability for work, activities of daily living or leisure activities. A PCE is a detailed examination and evaluation that objectively measures the evaluatee's current level of function. Measurements of function from a PCE are used to make return-to-work decisions, disability determinations or to design rehabilitation plans.



### Work Conditioning

Work Conditioning is a medically monitored program that is designed to focus on restoring the critical demands of a worker's normal job environment. Typically, this involves a close knowledge of the employee's job and often includes our physical therapist and/or occupational therapist consulting with the supervisor and even inspecting the work station to assess the work environment. The program is individually progressed based on the injured worker's tolerances. It is designed to restore the necessary strength, flexibility, coordination, and endurance necessary for the client to return to work with a greatly reduced risk of re-injury. The worker will be evaluated and treated by both a physical therapist and an occupational therapist. He/She will then typically see each therapist for 45 minute treatment times.