

# Know Before You Go



## The Basics:

- Tell your therapist about your:
  - Symptoms
  - How your injury happened
  - Test results
  - Job duties
  - Other doctor or therapist visits
- The first visit lasts 2-4 hours, all other visits are about 2-8 hours and the length of the program is 3-5 days a week for 2-8 weeks

## Questions or concerns?

Call 866.389.0211 to speak to a One Call Representative.

Work conditioning/hardening programs are focused on helping you to be able to do your job tasks. Each program is different, in order to focus on your problems that are keeping you from going back to your normal work tasks. Treatment includes doing things you will need to do at your job, such as: lifting, pushing/pulling, reaching, bending, how long you can perform a certain task for and more.

## What to Expect

### Your Evaluation:

- Arrive 15-20 minutes early to your first appointment for any paperwork
- Wear:
  - Comfortable, loose fitting clothing for your first appointment
    - Short sleeves for upper body injuries
    - Shorts for lower body injuries
  - Normal work clothing for all other visits
  - Appropriate footwear
  - No jewelry
- Bring:
  - A list of all medications you are taking
  - Any medical reports or test results about your injury
  - Any tools, equipment or accessories needed for your job
  - A photo ID
- Please follow your doctor's advice about medications
- Your appointment will be run by a licensed physical or occupational therapist on different physical abilities in order to figure out how well you are able to do your work related duties

### Follow Up Appointments:

- Go to all your appointments
- Make up any missed appointments
- Follow your home exercise program