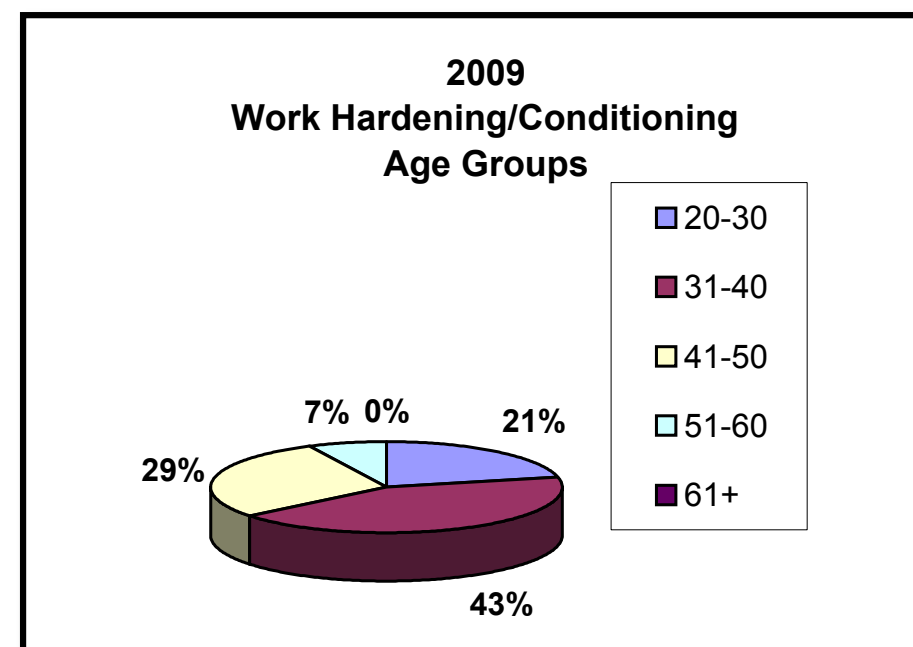
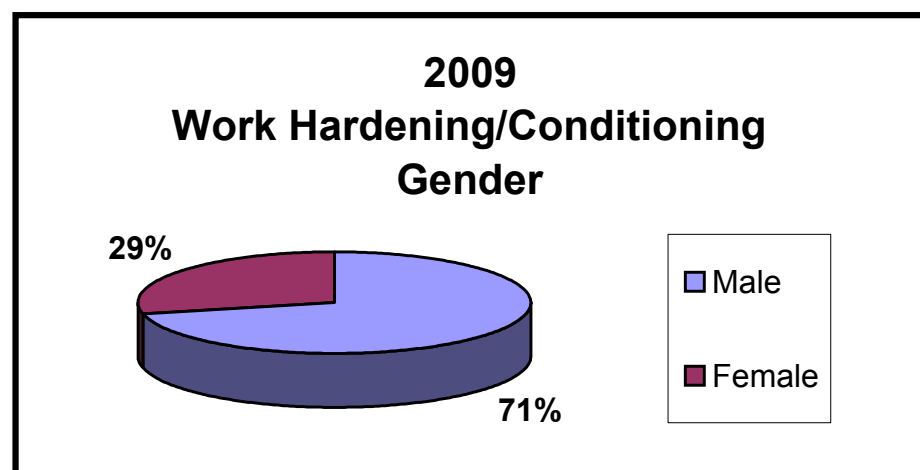
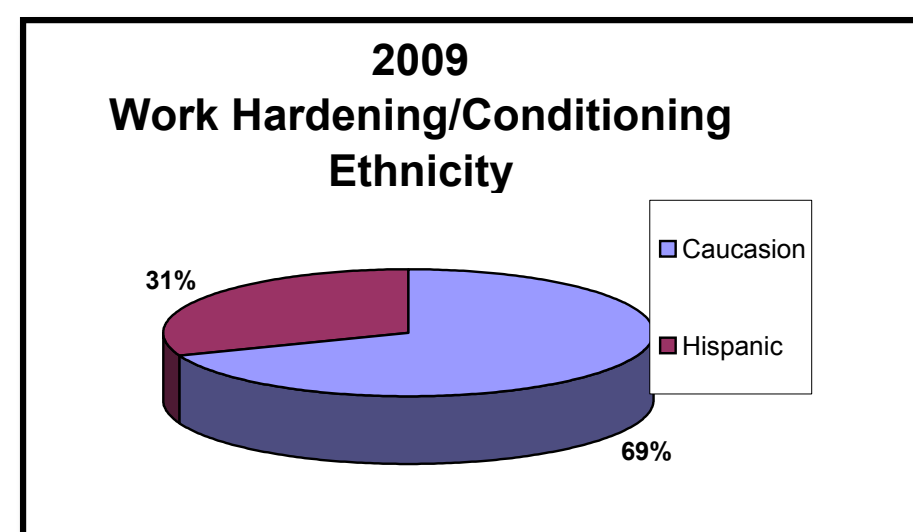
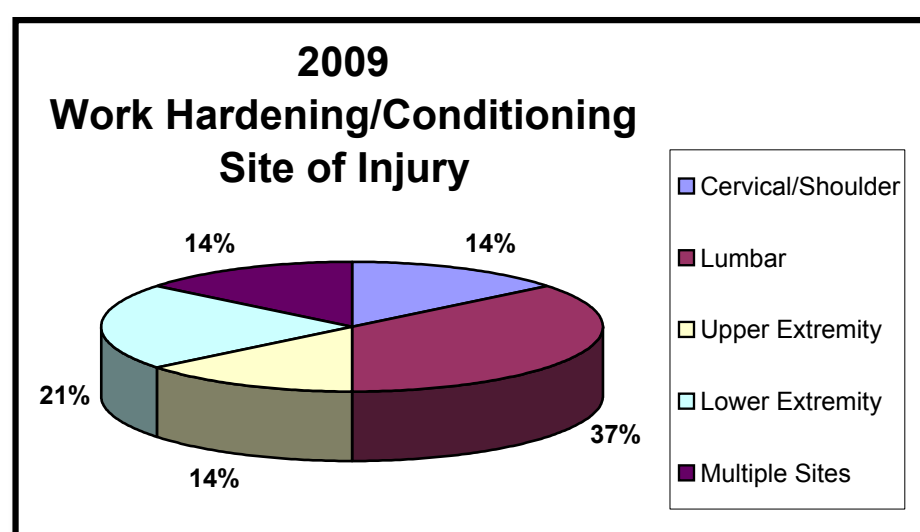
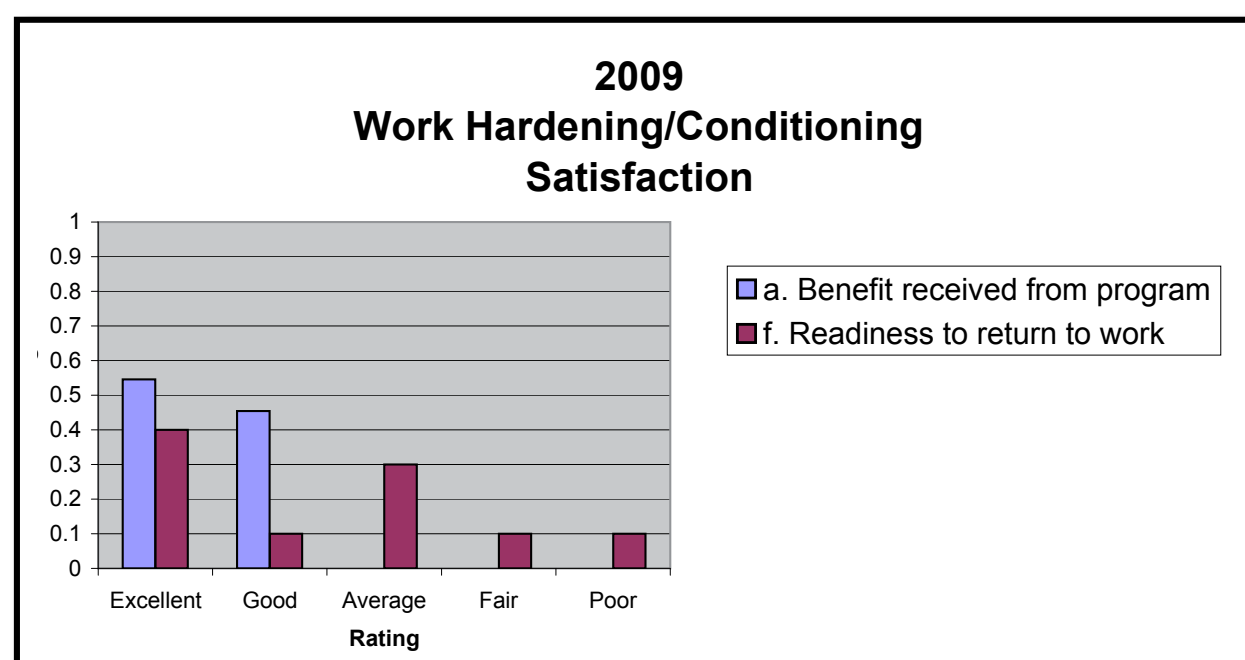
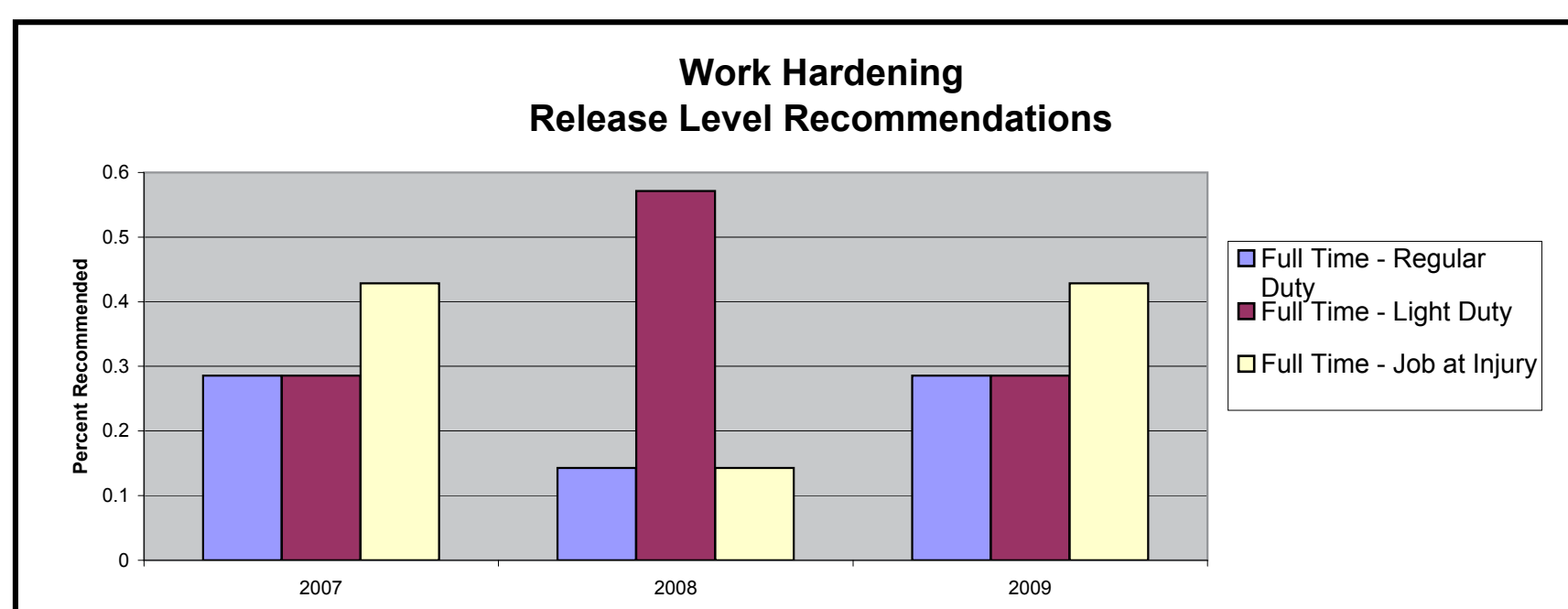
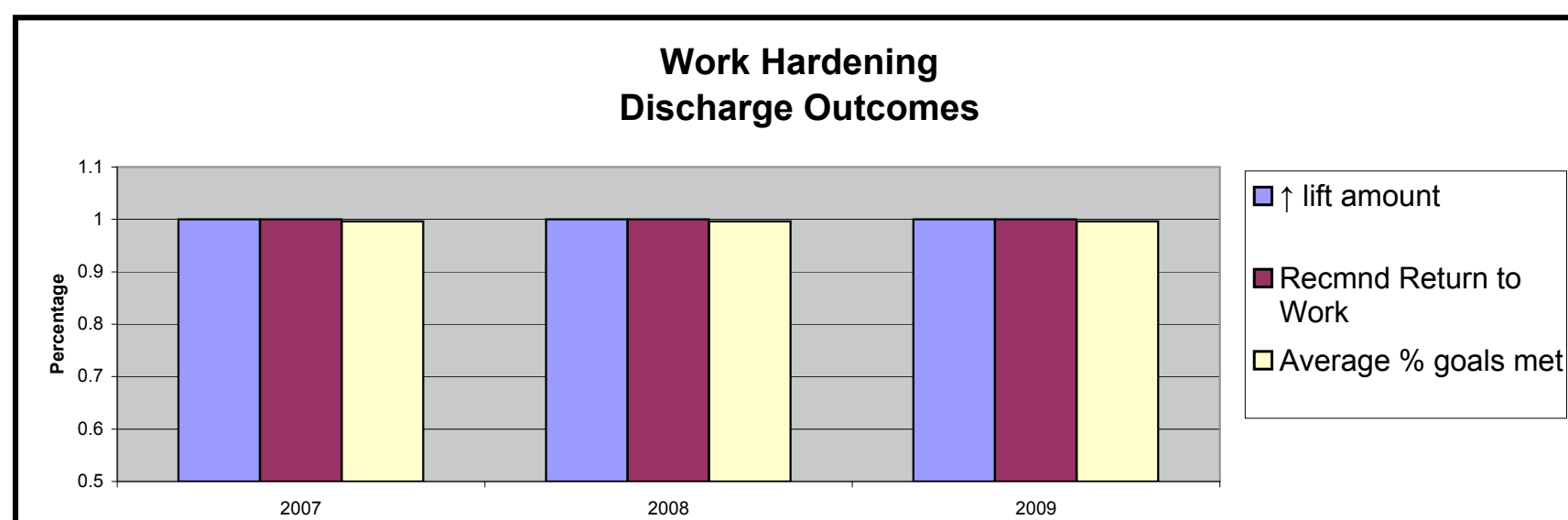


2009 Work Hardening or Conditioning Program Outcomes



In 2009, there were 14 participants; 1 participating in the Work Hardening program and the remaining 13 in Work Conditioning. The majority had a low back injury, followed by an injury to the leg or knee. Over an average of 21 treatment days, all met the goals as established and were recommended to return to employment with most recommended for either the job at injury (43%) or regular duty (29%). The average client increased their floor to waist lift capacity by 19.3 pounds.



2009 participants in the Work Hardening and Conditioning Programs rated their benefit from the program as either "Excellent" (55%) or "Good" (45%), and the majority rated their readiness to return to work as "Average" to "Excellent". They expressed the most benefit (rated as "Excellent") from the following areas:

- Stretching: 91%
- Body Mechanics: 83%
- Conditioning: 80%
- Biofeedback: 73%
- Counseling: 70%