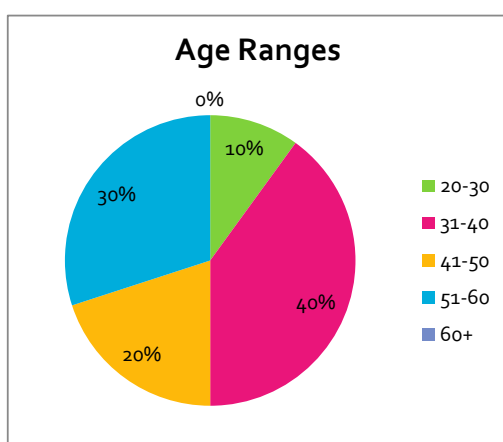
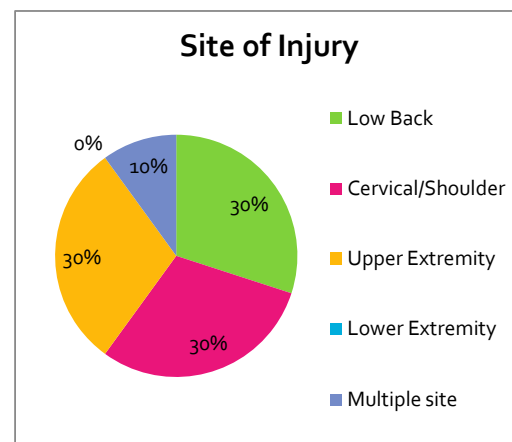


Work Hardening and Conditioning Program Outcomes Summary 2015

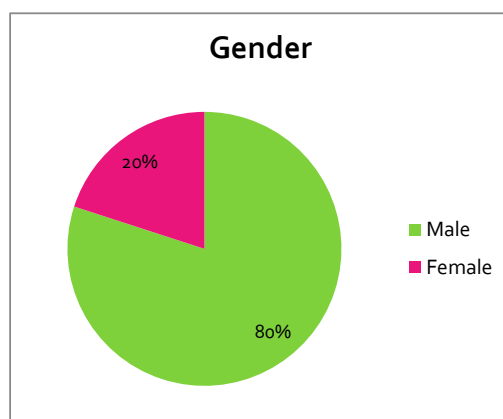
Age ranges	#	%
20-30	1	10%
31-40	4	40%
41-50	2	20%
51-60	3	30%
60+	0	0%



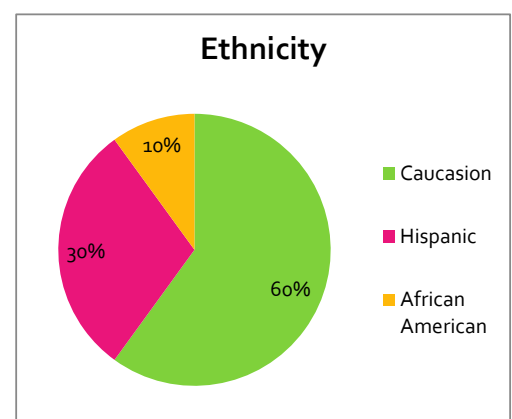
Site of Injury	#	%
Low Back	3	30%
Cervical/Shoulder	3	30%
Upper Extremity	3	30%
Lower Extremity	0	0%
Multiple site	1	10%



Gender	#	%
Male	8	80%
Female	2	20%

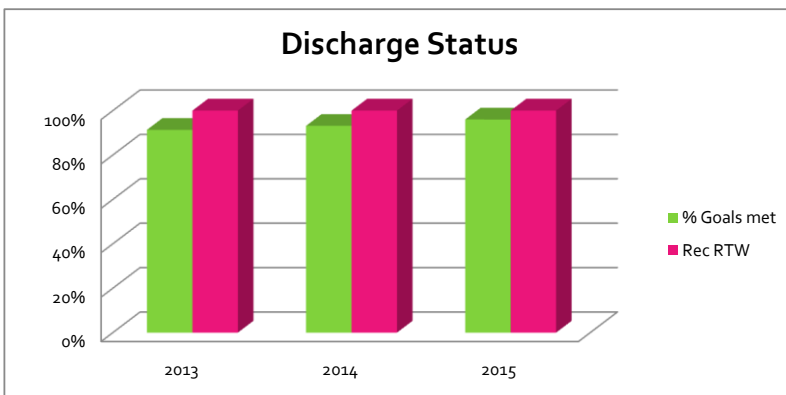


Ethnicity	#	%
Caucasian	6	60%
Hispanic	3	30%
African American	1	10%

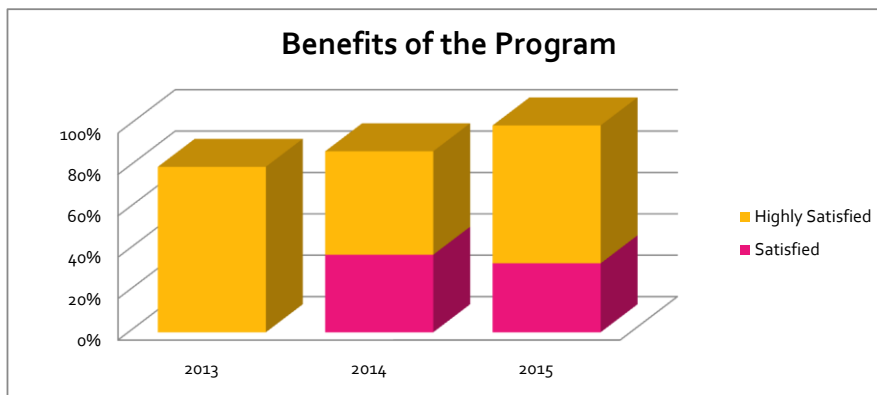


In 2015, 10 clients participated in the Work Hardening (2) or Work Conditioning (8) programs. The majority were in the 31 to 40 years old category, male and Caucasian, but with either a low back, neck or arm injury. 3 clients were working during the course of their program and remained employed at discharge. All clients were recommended as able to return to work in a Light or Medium physical demand category. The average change in floor to waist lift was 16 pounds, with clients able to lift an average of 45 pounds at discharge. Of the 2 clients who responded to 6 month follow up contact, both indicated they could still lift the same amount of weight as they could at the time of their program discharge. 1 of the 2 was working at the time of contact, while the other was not working but was actively participating in vocational rehabilitation services.

	2013	2014	2015
% Goals met	91%	93%	96%
Rec RTW	100%	100%	100%



Benefit of Program	2013	2014	2015
Satisfied	0%	38%	33%
Highly Satisfied	80%	50%	67%



Work Hardening: Objective is to improve functional capacities to return to a specific job.

Work Conditioning: Objective is to strengthen individual to their maximum functional level in order to return to full time work with no specific job in mind.

Clients participating in the program in 2015 had the following to say about it:

"The staff is amazing, even though I'm not capable of returning to work, they are the reason I have been able to improve and lower my pain a little bit."

"Every person at PRA was very helpful and I would do it again if needed."

"Thanks for all the help!"

"This has been the best physical therapy experience I've received in a long time. The staff is friendly, encouraging and make you view life differently. The things learned in this short period of time will have a lasting effect."

"Everything was excellent."

"I am very happy with the entire staff here at PRA. They were all very helpful and had positive attitudes to help me reach my goals."