

HealthSouth's⁵¹ *Work Hardening Program*

A Case Study



With today's knowledge, research, and expertise, we have been able to demonstrate that rehabilitation works – and improves quality of life. The result? Patients who receive rehabilitation get better faster, and progress to a higher level of function.

At HealthSouth, we're dedicated to providing expert, cost-effective care, producing excellent outcomes and getting people back...to work...to play...to living.®

Background

J.J. is a 51-year old maintenance technician for a local steel foundry. He is married with 1 son. Prior to his accident, he had a full-time job, and enjoyed spending time with his son, and watching sports. While at work repairing machinery within a steel mill, he pulled on a 24-inch pipe wrench and experienced pain in his right arm. He sustained a torn rotator cuff, and needed to have surgery. Following his surgery he was referred to HealthSouth for Physical Therapy.

Physical Therapy Treatment

- Referred to HealthSouth Rehabilitation -Century Drive.
- Intensive physical therapy was initiated to address pain management, range of motion, strength, and increased functional abilities.
- As the patient progressed possible tendonitis occurred and phonophoresis was added until the symptoms dissipated.
- Throughout his course of physical therapy, advanced strengthening and range of motion exercises were added to his program, while continuing to monitor his pain.
- Physical therapy continued until his symptoms were stable and his therapist felt he was ready to progress to his final phase of rehabilitation...Work Hardening.

Work Hardening Intervention

- Upon discharge from Physical Therapy, the patient began Work Hardening to continue to increase his functional range of motion, strengthening, and endurance as they directly apply to his job duties. His job requires that he be on his feet approximately 50% of the time and his duties include: stair/ladder climbing, kneeling, bending, squatting, overhead reaching, pushing, pulling, and gross/fine motor activities.
- The patient participated in job simulation activities for shoulder level and overhead level reaching and endurance utilizing computerized equipment.
- Prior to discharge, the patient was trained on a specialized Home Exercise Program for maintenance.

Outcome

J.J. received over 2 months of physical therapy, followed by 4 weeks of Work Hardening. Following his therapy and treatment in the Work Hardening program at HealthSouth Century Drive, He has resumed his full-time employment, is back behind the wheel, and is enjoying hunting and being outdoors once again. J.J. is continuing with his Home Exercise Program to maintain the strength and flexibility in his shoulder.