



## Functional Capacity Evaluations & Work Conditioning

### Injured?

Were you injured at work? Are you not sure if you can do your job again? Do you have work restrictions?

Riverview Rehabilitation Center can help. We offer functional capacity evaluations (FCEs) and work conditioning.

### Functional Capacity Evaluations (FCEs)

An FCE is a comprehensive, objective test of an individual's ability to perform work-related tasks.

An FCE has a musculoskeletal base, and your performance is rated. Your physical abilities and limitations are compared with your physical and functional findings. To put it simply, an FCE compares your current physical abilities with your job description.

If your physical abilities do not match what you are required to do at work, you may benefit from a work conditioning program.

### Work Conditioning

Work conditioning can help you regain strength and function, enabling you to safely return to the physical demands of your job.

A work conditioning program consists of therapeutic exercises and job task performance/simulation in a clinical setting.

Work conditioning is designed to progress you to the physical demand level for a specific job and/or improve your work tolerances to maximal abilities.

### Work Conditioning at Riverview Rehabilitation Center

At Riverview Rehabilitation Center, an occupational therapist develops your plan of care and functional goals in order to return you to maximum function. A therapist's supervision is provided, but you are expected to work as independently as possible, similar to a work setting.

Riverview Rehabilitation Center recently remodeled and expanded our work conditioning room, providing more space to perform job-specific tasks and testing. We also expanded our exercise equipment space and added a walking track to give you a better environment in which to exercise.

### Talk to Your Doctor

If you have been injured and would like to improve your function so you can return to work as quickly and safely as possible, please talk to your doctor about beginning a work conditioning program at Riverview Rehabilitation Center.