



# Work Hardening or Work Conditioning Preparation



## I'm Scheduled for WH/WC. Now What?

### »» What Is It?

Work hardening and work conditioning – the phrases are often used synonymously – is typically the last phase of a physical therapy or occupational therapy treatment plan before the patient returns to the job. They use simulated work tasks (which vary depending on the patient's place of employment) for a safe transition back to the demands of the job, and to prevent re-injury.

### »» What to Expect

#### Pre-Exam Questions

- ▶ You'll be asked to describe your duties at work, so the physical therapist can design a WH/WC program that mimics them. If you have access to your job description, you should provide it.

#### What to Wear

- ▶ For the first WH/WC visit – typically an evaluation of your condition – wear loose, comfortable clothing.
- ▶ For subsequent visits, wear what you'd typically wear to work. If you have special accessories or gear – like a tool belt or hard hat – bring them with you.

#### About the Program

- ▶ Work hardening and work conditioning are rather intensive processes; they typically consist of 3-5 sessions each week for 2-8 weeks.
- ▶ You can expect each session to last 2-4 hours.

*\* This sheet should not be considered medical advice; if you have questions, you should contact your physician or case manager.*