



Introducing new options to help you manage injured workers:

Transitions - Work Testing & Therapy

Spinal Dynamics is challenging the traditional model of rehabilitating injured workers. We can help minimize expense while maximizing outcome through our new program for spine and extremities: **Transitions Work Testing and Therapy**.

Transitions WTT facilitates the *transition* of the patient into work functions sooner, with more objectivity and specificity through valid and reliable functional task testing.

Our new functional testing system provides meaningful information that:

- Gives physicians timely objective data for setting work restrictions
- Improves reporting to case managers on patient progress, goals, and plan of care
- Supports more individualized functional therapy that is geared toward work

Compare the traditional model with Spinal Dynamics/Body Dynamics **Transitions WTT**:

Service	Traditional Model	Transitions WTT	Transitions Benefits
Physical Therapy	PT is typically directed only at the injured area to reduce pain, improve ROM and strength	In addition to treating the injured area, includes early <i>work-directed functional activities</i>	Early focus on work function speeds up rehab and minimizes de-conditioning
Work Restrictions	Decisions about work restriction may be overly subjective due to a lack of objective information about job-specific ability	Work restriction decisions are supported by objective job task testing done at any phase of therapy (See " <i>mini-FCE</i> " below)	MD can more accurately and safely set work restrictions using clear data about patient functional capabilities
Work Hardening	Usually started when PT is "over" and the patient isn't back to work	<i>Work conditioning</i> can be designed as part of therapy early-on, based upon the results of patient-specific functional tests	Short, efficient work conditioning sessions aim to minimize the need of expensive work hardening later-on
FCE	Typically done late in the rehab process when determining disability, making job placement, or admitting the patient to work hardening	Full and " <i>mini-FCEs</i> " are available any time in rehab. " <i>Mini-FCEs</i> " test the patient's ability in <i>single functional activities</i> that are most needed for the job	Mini-FCEs can be done in cost-effective 15 minute increments to give guidelines for work status throughout rehab

Our physical therapists can assist you in determining which tests or services may be most beneficial.

Contact Spinal Dynamics for examples of full and mini-FCE reports.

414-302-0770

We look forward to serving you!