

Working Together to Keep Employees Healthy and Work Sites Safe.

Providing evaluation, education, prevention, and treatment for injured workers or those individuals experiencing prolonged limitations. Our program includes specialized services for treatment and prevention of work injuries.



Work Site Evaluation (WSE)

A physical therapist will make an on-site visit to work with an individual(s) to evaluate their workstations. The therapist will make recommendations and educate each person on ways to help improve posture and specific work tasks. Includes a report with a summary of recommendations.

Functional Capacity Evaluation (FCE)

A comprehensive 1 or 2-day standardized test performed by a specially trained physical therapist to objectively measure a persons maximum safe, functional abilities and their ability to perform work-related tasks. Tests record a broad range of physical capabilities including strength, flexibility, endurance, cardiovascular fitness, materials handling ability, coordination, static postures and repetitive movements. These results can be matched to a specific job description.

Injury Prevention Education (IPE)

A physical therapist works on-site with companies to provide various educational services from seminars on Back Care, Office Ergonomics, and Shoulder Care, to injury consultation, and on-site stretching programs.

Functional Job Analysis (FJA)

The FJA is a comprehensive, process of identifying and evaluating the physical demands of the work. Factors in developing an effective work injury prevention and management process involve analyzing the worker, the work, and the work site. Employee input is essential to this process and leads to credibility and validity of the Functional Job Description (FJD), written from the job information analyzed. Specially trained physical therapists work with employers to analyze jobs and write up detailed, functionally based, job descriptions. Accurate FJD's are essential for a company to achieve ADA and EEOC compliance.

Pre-Work Screening (PWS)

A Pre-Work Screen tests the essential functions of a job based on the FJD. Employers can request job applicants take a PWS to determine safe physical and functional ability to perform specific tasks of the situation. To meet ADA/EEOC compliance the job applicant has received a "conditional offer" of employment from the employer before testing takes place. Functional testing may include activities such as lifting; force testing; push and pull; grip; postural tolerances, climbing, balance, and job simulation tasks. Physical therapists perform the Pre-Work Screens.

Work Conditioning (WC)

A physical therapist works with individuals who have been injured to evaluate and treat their work-related injury. Therapists that have exposure and experience to various workplace settings are better equipped to address these types of patients, and offer a more structured progression of exercise and work simulated activities.



Client using lift station.

Tests & measures are selected to best answer referral questions and may include the following:

- Strength testing including push-pull, carry and lift testing using standardized protocols.
- Dexterity testing with hand coordination tools, nuts and bolts, pegboards and grip and pinch strength measuring.
- Handling test using a lift station, and carrying baskets. Use of a force gauge, heart rate and blood pressure monitoring, as well as rate of perceived exertion.
- Mobility testing, include using a lift station, carrying baskets, and force gauge. Heart rate and blood pressure monitoring as well as rate of perceived exertion used.

The Benefits of Industrial Rehab and the High Cost of Failure

Functional Capacity Evaluation (FCE)

Determines an individual's current physical capabilities to assist in their return to work, vocational rehab placement, or determination of disability. Provides legal clarity by eliminating bias and ambiguity.

Functional Job Analysis (FJA)

Assists employer in identifying the essential physical functions and demands of the job. Guarantees the effectiveness of pre-work screening.

Pre-work Screening (PWS)

Determines if an individual's fitness and aptitude are equal to the demands of the job. Increasing employee efficiency and reducing work comp claims.

Work Site Evaluation (WSE)

Examines workstations, work areas, and provides follow-up recommendations to management. Enhancing productivity, reducing work comp claims, and increasing employee retention.

Injury Prevention Education (IPE)

On-site education is focusing on specific remedies. Enhancing productivity, reducing work comp claims, and increasing employee retention.

Work Conditioning (WC)

Evaluation and treatment of employees injured on the job and enables workers to return through simulated work activities. Reduces costs by allowing trained workers to return quickly.

The preventable payment of workers compensation benefits and lost time due to injury are failure costs. The cost of fixing this failure increases in dollars and time the longer you wait to address it. By re-apportioning budgets to focus on quality prevention and fixing failures early, a savings of 50-90% on workers compensation cost can be realized.



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