

# **Occupational Health: Building a Successful Practice the Right Way!**

## **Course Outline**

- I. Background
  - A. Introductions of speakers, Orthopaedic Section, & SIG
  - B. Goal of course & structure
  - C. Definition of occupational health
    - 1. Non-workers' compensation
    - 2. Workers' compensation
      - a. Background
      - b. Parties to the case
  - D. Role of physical therapy in occupational health
  - E. Reactive vs. proactive
  
- II. Evaluating & treating: Reactive occupational health
  - A. Traditional physical rehabilitation
    - 1. Evaluation
    - 2. Identification of impairments & resultant disability
    - 3. Specificity of training-Essential functions of job
    - 4. Value of rapid RTW
  - B. Transitional return to work
    - 1. Definition
    - 2. Workstation evaluation
  - C. Use of adaptive tools & equipment
  - D. Functional testing
    - 1. Fit for duty testing
    - 2. Functional Capacity Evaluations
  - E. Reactive ergonomics
  - F. Goal-setting/documentation
  
- III. Prevention: Proactive occupational health
  - A. Cash-based
  - B. FJD/PWS/preventive ergonomics/risk assessment
  - C. Onsite physical therapy
    - 1. Regulatory standards/1<sup>st</sup> aid/OSHA reportables
  
- IV. Building/developing a program
  - A. Finding clients

1. Build off what you have
  2. Ask for referrals
- B. Communication
1. Parties to a case & their expectations
  2. Use as a business-building tool
  3. Examples
- C. Barriers to overcome
1. Organization is set up to treat patients. Period.
  2. Finding time
  3. Learning
    - a. OHSIG benefits
      - i. Documentation guidelines
      - ii. Evaluation & treatment guidelines
      - iii. Blogs
      - iv. Podcasts
      - v. Independent study programs
      - vi. Programming at Combined Sections Meeting
      - vii. Mentorship