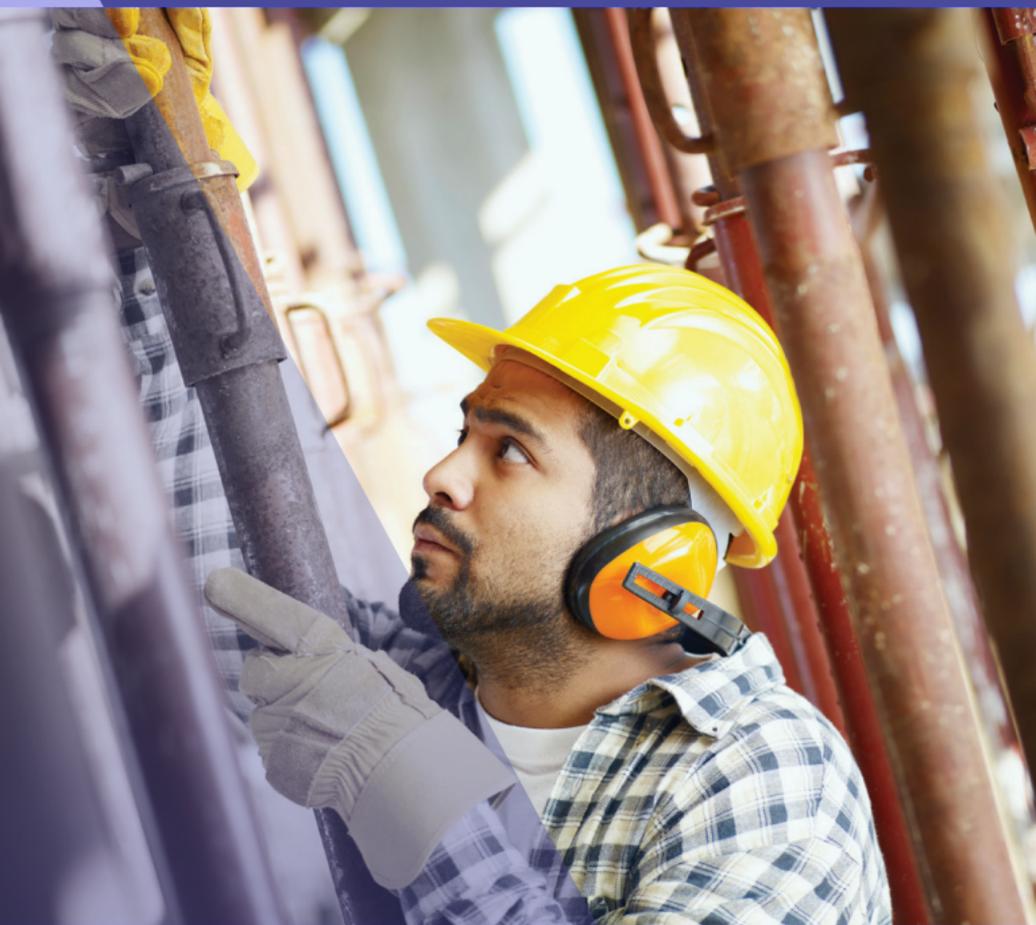


Occupational Health Rehabilitation Services

Easing the Path Back to
Productivity and Peace of Mind



A focus on employee wellness

Injury treatment. Injury prevention.

If an injury or illness is preventing an employee from getting back to the workplace, count on Occupational Health Rehabilitation Services at Northwestern Medicine Central DuPage Hospital and Northwestern Medicine Delnor Hospital for help. Our team of compassionate and experienced healthcare professionals is dedicated to helping employees develop or regain the skills necessary to overcome injury and prevent future issues. Through one-on-one therapy and access to the latest rehabilitation technologies, employees get all the resources they need to reach critical goals—and get back to doing the things they love—with confidence.



A single source for rehabilitation and injury prevention

Occupational Health Rehabilitation Services at Northwestern Medicine Central DuPage Hospital and Northwestern Medicine Delnor Hospital provides services directly to employers and their employees to treat current work-related injuries and prevent future injuries. We offer the services of trained rehabilitation professionals, advanced equipment, education courses and much more.

Our physical, occupational and speech therapists have direct communication with the employee's doctor and case manager. Services provided for the injured employee include:

Aquatic therapy

Hand therapy

Lymphedema management

Neurologic disorder therapy

Orthopaedic injury therapy

Post-operative rehabilitation

Vestibular therapy

Wound care

Specialized services



Body Mechanics/Ergonomic Education Program

This program features onsite classes provided to staff and management, designed to improve safety and ergonomics. Class topics include:

Onsite consultation with employees and management

Back education class

Assessment of facilities, equipment and job processes to decrease risk of injuries

Job coaching

Functional Capacity Evaluation (FCE)

An FCE test assesses an employee's current abilities in multiple tasks. This evaluation includes:

Standardized testing with reliable outcomes for baseline abilities

Assessment of employee safety awareness

Assessment of job-specific physical demands and consistency of effort

Evaluating if or when an employee can return to the job at a productive level

Testing lasts for three to four hours over one or two days, depending upon the individual employee and the job position to which they intend to return.

Please note: In cases of determining safety limits for activities for daily living (ADL), a physician's order should specifically request a Physical Performance Evaluation. ADL evaluations are not specifically limited to work capacity and may apply to patients in need of evaluation for illness or injury not sustained or related to work.

Functional Job Analysis (FJA)

An FJA is a therapist's analysis of the workplace. This is used to determine a job's physical demands and make recommendations in ergonomics, job processes and equipment. This analysis is required to create a Functional Job Description (FJD) and a Pre-Work Screen (PWS) for that work position.

Functional Job Description (FJD)

FJD documents describe measurements of the physical demands of a particular job. That includes evaluating what an employee needs to lift, carry, push and pull, and what height, repetitions, timeframe and positions are required. From this list, a Pre-Work Screen can be created and used to test new hires.

Pre-Work Screen (PWS)

This post-offer screening tests potential new employees against the essential physical job demands that they will experience from the first day of work. Each company will have different challenges and tasks to be tested. These tasks are created through the FJA and are explained in the FJD.

Workstation Ergonomic Evaluations

These evaluations are completed by therapists in order to improve employees' productivity while decreasing the risk of injury. These can be performed in an office, on an assembly line, in a warehouse and at many other worksites.

Work Hardening Program

This program includes specific work tasks to replicate physical job demands, improve body mechanics for prevention of injury and increase general conditioning, strength and flexibility. The program requires four to six hours a day, five days a week to help an employee safely return to work and regain productivity after injury. A one-day FCE will be completed at the start of the program to set safe lifting limits and record an employee's baseline.

Work Conditioning Program

This program requires two to four hours, three to five days a week to improve an employee's functional endurance and strength to tolerate a job's physical demands. Work simulation will be completed to test an employee's tolerance for their job's physical demands.

Convenient locations close to home:

Aurora

Bartlett

Bloomington*

Carol Stream

Geneva

Glen Ellyn

Lisle

Naperville

South Elgin

St. Charles*

Sugar Grove

Warrenville*

Wheaton

Winfield

Schedule an appointment

For more information about Occupational Health Rehabilitation Services or to schedule an appointment, please call 630.681.6300. TTY for the hearing impaired 630.933.4833.

* Locations that offer specialized occupational health rehabilitation services



Northwestern Medicine Central DuPage Hospital
25 North Winfield Road
Winfield, Illinois 60190
630.933.1500

Northwestern Medicine Delnor Hospital
300 Randall Road
Geneva, Illinois 60134
630.938.6400

TTY for the hearing impaired 630.933.4833

cadencehealth.org

