

COMPARISON

Work conditioning

Work hardening

7

Frequency: 2-4 wks, 3-5
oningsdays/wks, 2-3hrs/day

Frequency: 4-8 wks, 5
days/wks

4 hrs/day

1. Work Simulation not included
3. Capability level of worker based on Physical fitness
4. Traditional Clinical method
5. Focuses on Fitness level
6. Progress measures fitness level

2. Work Simulation included
3. Proper Body Mechanics
4. By Functional capacity Assessment
5. Uses Job Requirement as objective. Movements required in workplace are used for establishing Rx Plan
6. Progress measures use of incremental task

Example Exercise Work Hardening Program

Guillaume Favre



Example Exercise Work Hardening Program:

Uncover the mysteries within is enigmatic creation, Discover the Intrigue in **Example Exercise Work Hardening Program**. This downloadable ebook, shrouded in suspense, is available in a PDF format (PDF Size: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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