

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

Mike Jess



Example Exercise Work Hardening Program:

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