

# FUNCTIONAL WORK CONDITIONING

GETTING YOU PREPARED FOR A SAFE, SUSTAINED REENTRY INTO THE WORKFORCE.



Work Conditioning Performed over the course of three or more weeks dependent upon the needs of the employer or case manager to ensure a safe and sustained return to work activities. Performed three times per week for three hours per day, with a focus on strengthening and conditioning, cardiovascular endurance activities and work simulation with the use of our custom work labs. Activities start first thing in the morning and on alternating days to begin with and then consecutive days to end to build up performance and endurance. Custom programs per employer and/or case manager are available.



# 3



## TRIPLE THREE

- 3 Weeks
- 3 Days a Week
- 3 Hours a Day

# 3



## THREE DAYS

- WEEK ONE: Monday, Wednesday, and Friday
- WEEK TWO: Monday, Tuesday, and Friday
- WEEK THREE: Monday, Tuesday, and Wednesday

# 3



## THREE HOURS

- HOUR 1: Strength
- HOUR 2: Endurance
- HOUR 3: Work Simulation

A functional evaluation post the triple 3 program is available to quantify functional abilities prior to return-to-work related duties. We also offer daily work conditioning & post offer screenings. We are an orthopaedic based Physical Therapy facility that sees surgical and non-surgical patients.



the **JACKSONCLINICS**   
physical therapy

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