

# INDUSTRIAL REHABILITATION FOR THE INJURED WORKER



Ministry Rehabilitation Services  
A Department of Sacred Heart-  
Saint Mary's Hospitals

At Ministry Rehabilitation Services experienced industrial rehabilitation therapists work as a team to get you back on your feet—and safely back on the job as soon as possible. We also take additional steps to reduce the likelihood of future injuries.

## Comprehensive Evaluation

During the initial visit, we review your medical history and job information, and complete a functional assessment including range of motion and strength testing. The information is used to design an individualized program based on established goals.

## Education

Understanding your injury, managing the recovery process, and implementing safety and prevention techniques in the work place are key components of the education you receive. You will learn about general anatomy, appropriate care and treatment of the injury, pain management, proper exercise, body mechanics, and safety. Other prevention techniques include nutrition, stress management and wellness programs.

## Pain Management

Although pain medication and muscle relaxers may be necessary to reduce pain levels, they are not the only methods used to treat pain. During treatment you will learn how posture, exercise, strength and flexibility training, and proper body mechanics may help manage pain.

## Strength/Flexibility Training

After assessing your strength and flexibility and identifying any limiting factors, we develop an individualized program to meet your needs. We offer training in various exercise techniques including flexibility exercises, postural and stabilization exercises and strength development. Our customized exercise programs may include use of the YMCA wellness center and/or aquatic center. Regular monitoring of your program is provided.

## Work Conditioning

We are able to provide a work conditioning program when someone has difficulty returning to work. This is a unique program that utilizes job simulation tasks and real work materials to prepare an individual for return to work.

## Specialized Therapists

Our occupational and physical therapists are specially trained in the area of industrial rehabilitation. They also understand the worker's compensation system and the needs of injured workers. By working together with the employer, employee, physician, insurance company, and vocational counselor, therapists promote a unified process of returning the injured worker to productive employment.

For more information or to set up an appointment call (888) 843-1367.



## Ministry Rehabilitation Services

A Department of Sacred Heart-  
Saint Mary's Hospitals

2003 Winnebago Street East (YMCA Building)  
Rhineland, WI 54501  
(715) 361-2300

Sacred Heart Hospital  
401 West Mohawk Drive, Tomahawk, WI 54487  
(715) 453-7740

(888) 843-1367 • [ministryhealth.org](http://ministryhealth.org)

At Ministry Rehabilitation Services, we are committed to providing quality rehabilitation, health care, and education to the Northwoods community.



### Ministry Rehabilitation Services Northern Wisconsin's most comprehensive rehabilitation center:

- ▶ Aquatic Therapy
- ▶ Comprehensive Pain Management
- ▶ Industrial Rehabilitation
- ▶ Occupational Therapy
- ▶ Physical Therapy
- ▶ Speech Therapy
- ▶ Sports Medicine
- ▶ Women's Specialty Services
- ▶ Wound, Ostomy, Continence Care

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