



OCCUPATIONAL REHABILITATION PROGRAM

ORI—OR2—Biodex—FCE—RTWSS—Amps

KELOWNA GENERAL HOSPITAL REHABILITATION CENTER

TEL: (250) 862-4269
FAX: (250) 862-4141



KELOWNA GENERAL HOSPITAL REHABILITATION CENTER

Tel: (250) 862-4269

Fax: (250) 862-4141

The Occupational Rehabilitation Program at Kelowna General Hospital has been established since 1990.



Interior Health
Every person matters

“We strive to exceed client expectations by providing them with an innovative and relevant treatment plan.”

REFERRAL/ ASSESSMENT PROCEDURE

Prior to assessment by any program, the following must be in place:

- written medical referral signed by a physician (a physiatrist for the Amputee Program).
- funding confirmation from a third party agency.

For the O.R. Program or a Functional Capacity Evaluation (FCE) an intake assessment and interview with an Occupational Therapist and Physical Therapist is completed as soon as possible.

We have experience working with a broad range of injuries and work environments.



PROGRAM OVERVIEW

- **A progressive, activity based, daily treatment program** for anyone who is unable to return to work due to disease or injury (not recommended if primary problem is cognition).
- **Multidisciplinary team** approach (occupational therapist, physical therapist, physiatrist, psychologist, dietitian, and rehab assistant).
- **Outcome orientated** approach through various treatments (job simulation and worksite visits, aquatic therapy, pain coping training, education classes, such as acute versus chronic pain, etc.).
- **Communication** between program staff, occupational health personnel, unions, case managers, family physician and employee's supervisor is a priority of this team.

“A truly state-of-the-art program, centered around a durable return of function.”

OCCUPATIONAL REHAB PROGRAM

OR1: OCCUPATIONAL REHAB 1

WORK CONDITIONING PROGRAM

- Guided by a physical therapist, our work conditioning program focuses on range of motion, aquatherapy, specific muscle training and core strengthening exercises.

OR2: OCCUPATIONAL REHAB 2

WORK HARDENING

- A Multidisciplinary team approach (occupational therapist, physical therapist, psychologist, physician) focusing on maximizing function and tolerance before re-entering the workforce after a period of inactivity.
- Job simulation, body mechanics, education seminars (group psychology, dietitian, training, hurt vs. harm), biodex testing, aquatherapy, job site visits and GRTW planning are all included in this program
- Each program can be individually tailored to the patients' needs and capabilities.

It's important to provide accurate job simulation in order to produce the best outcome.

FUNCTIONAL CAPACITY EVALUATION

- **A one or two day assessment**, utilizing various standardized functional tests, as well as work simulation tasks, designed to measure a client's work capacity.
- Subjective and objective findings, and interpretations are provided in a **comprehensive report**.
- **Recommendations** are made regarding employability.

BIODEX TESTING

- **The Biodex is a computerized dynamometer** that provides an excellent *objective* assessment of a client's strength and consistency of effort.
- Appropriate muscle groups are tested in both the injured and uninjured limbs for **immediate comparison**.
- **Follow-up testing** may be done to measure progress with previous data.
- Testing can be done with anyone who has suffered musculoskeletal injury.

We make it a priority to use the most advanced, effective treatment technology.

AMPUTEE PROGRAM

- **A physiatrist driven**, team based program.
- **The physical therapist** treats all clients, coordinates amputee clinics and facilitates team communication (occupational therapist, physical therapist, physiatrist, prosthetist).
- **Ongoing follow-up** may identify evolving problems that could lead to a decrease in function and quality of life for the client.



RETURN TO WORK SUPPORT

- **Job Site Visits**
- **Job Demands Analysis**
- **Graduated return to work planning and monitoring.**
- Recommendations on body mechanics, job modification and ergonomic design.
- Ongoing liaison with employees, employers, physicians, and insurance providers is always ensured.

