

# WORK INJURY?

**WE GET YOUR INJURED WORKERS BACK TO WORK**

PhysioWorks is an Industrial Rehabilitation Clinic that services injured workers in the greater Seattle area. These are workers that repair roads, cook our meals, and care for our loved ones. We sincerely believe these workers provide the backbone to Washington State's infrastructure, and they deserve the highest quality rehabilitation available. Not only do we provide high-quality rehabilitation, but we are also committed to putting our workers on the path to getting back to full duty employment from the first day they step into our clinic.

PhysioWorks clinical staff understands that improved strength, work tolerance, and occupational mobility are built over time. Our workers are conservatively rehabilitated utilizing therapeutic exercise and functional lifts in a safe, clinical setting that simulates the job environment.

## **Rehabilitation Philosophy**

Our clinical treatments are designed to carefully progress our workers into challenging volumes of occupation-based exercises and activities compatible with job demands gathered from a job analysis provided by a Vocational Counselor. Therefore, PhysioWorks' mission is to ensure that the worker can tolerate activity well into the job demands before recommending discharging our workers to unrestricted, full duty employment.

## **Work Conditioning and Sport Injuries**

When a baseball player tears an elbow tendon and has to go through Tommy John's surgery he/she follows a medical course of treatment starting with traditional conservative physical therapy rehabilitation to maintain range of motion and strength while the

body is healing. This could be a 2 to 3-month process. At that time, he/she are not just thrown back into the major leagues; there is a continuation of rehabilitation. He/she may begin simulating pitching innings on the field with another player. He/she will do a running and stretching program keeping his/her whole body in shape. This part of the rehabilitation process is considered to be part of a Work Conditioning Program.

## **Work Conditioning and Work Hardening**

There are several components of the work condition and work hardening program. The first is continuing to progress the worker's strength and flexibility after a work-related injury. The next component is aerobic conditioning to build up the worker's ability to tolerate an eight-hour workday without restrictions. This includes cardiac conditioning and working on a positional tolerance, such as prolonged standing, sitting, kneeling, walking, or bending. We also have a vital component of patient education, including injury prevention, proper diet, and exercise. Every week we have a one-hour back school class, which includes reviewing injury prevention, proper body mechanics for lifting, giving a demonstration, and having the workers demonstrate repeated lifts. Finally, we do job simulation activities that include but are not limited to box lifts, pushing and carrying activities, and actual job simulation, such as siding a wall. These programs last 4 to 6 weeks with the goal at discharge for the worker to demonstrate the ability to meet job demands provided by the job analysis and return to full duty work.

# WHO WE ARE

## Our Story

Over the last three years, we have more than doubled our rehabilitation area and grown our staff fourfold. We have 2000 ft. dedicated to our work hardening program with job simulation activities such as electrical, siding, and roofing. We have built a kitchen area for job simulation for cooks and housekeepers. We also have an outside area that we utilize for job simulation tasks such as groundskeeping and framing.

We have a very diverse clinic with Spanish, Ukrainian, Russian Tagalog, and Bisaya speaking providers. We are also a teaching facility. We partner with our local clinical academic programs to provide therapy students field work training.

## Injury Prevention

We now offer several programs for employers, one being an injury prevention program. We will train employees on-site 1 to 2 times a week for 3 to 4 hours per session, educating them regarding proper body mechanics during lifting activities. We may also recommend appropriate footwear along with back braces.

We provide special speakers like Podiatrists to discuss proper footwear in the workplace.

We also offer a rapid response service either through telehealth or having one of our injury prevention providers come to the job site and do an OSHA First Aid assessment report that provides metrics for the employer.



## Ergonomic Specialists

We have four ergonomic specialists on our team that can do industrial evaluations along with office evaluations. We also work with a Board Certified Ergonomic specialist who has over 25 years of experience for more complex cases. Workers Compensation in Washington will pay up to \$5000.00 for ergonomic adjustments to keep workers at their job.



***We take most medical insurances!***

***Call 253.867.5759 to schedule a consultation with your physical therapist at Physioworks today!***

## EXERCISE ESSENTIALS

*This Exercise Helps To Strengthen Your Core!*



### DEAD BUG | HEEL TOUCHES

Lie on your back with your hands and knees raise upward, keeping your core engaged. Slowly lower one heel to the ground, then alternate sides, keeping your core engaged. Repeat 6-10 times on both sides.

www.simpleset.pro  SimpleSet Pro

## REFER-A-FRIEND!

We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives.

Our purpose at Physioworks is to leave a greater impact on the communities around us. In order to achieve our goal we want to change as many lives as possible as we become a beacon of positivity in our communities.

We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!

**253.867.5759**

**SHARE YOUR PATIENT SUCCESS STORY WITH US! LEAVE A GOOGLE REVIEW TODAY!**



## HEALTHY RECIPE FETA CHICKEN BURGER


### Ingredients

- 1/2 cup chopped roasted sweet red pepper
- 1 teaspoon garlic powder
- 1/2 teaspoon Greek seasoning
- 1/4 teaspoon pepper
- 1-1/2 pounds lean ground chicken
- 1 cup crumbled feta cheese
- 6 whole wheat hamburger buns, split and toasted
- Optional: Lettuce leaves and tomato slices

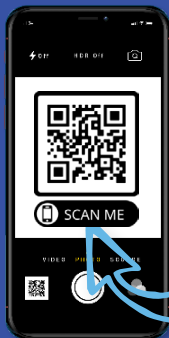
### Directions

Preheat broiler. Mix cucumber and mayonnaise. For burgers, mix red pepper and seasonings. Add chicken and cheese; mix lightly but thoroughly (mixture will be sticky). Shape into six 1/2-in.-thick patties. Broil burgers 4 in. from heat until a thermometer reads 165°, 3-4 minutes per side. Serve in buns with cucumber sauce. If desired, top with lettuce and tomato.

<https://www.tasteofhome.com/recipes/feta-chicken-burgers/>

 **Suffering from hip or knee pain? Call 253.867.5759 to schedule a consultation with your physical therapist at Physioworks today!**

## DO YOU HAVE A SUCCESS STORY WITH US?



***We Make It Easy To Leave A Review!***

1. Use the camera app on your phone to scan the QR code.
2. This will take you directly to our Google Reviews page.
3. Let us know how we did and tell us your story!

 **PhysioWorks**

## PATIENT SUCCESS SPOTLIGHT



## “WHAT STRIKES ME MOST IS THE CARE AND ATTENTION...”

“As a patient, PhysioWorks is a Physical and Occupational Therapy Clinic by definition and practice. Although the clinic offers a variety of services, (which is convenient and advantageous,) what strikes me the most is the care and attention the physicians have towards their patients. They do care and take care of their patients until they are fully recovered. For me, this is what makes them so unique. PhysioWorks has an excellent customer service experience, and I am proud and confident to recommend PhysioWorks to anyone who needs physical and therapy care.”

- Hildo G.

## GET BACK TO LIVING YOUR LIFE PAIN-FREE!

Call us at **253.867.5759** to book your appointment today!

### PHYSIOWORKS

319 S. WASHINGTON AVE.  
KENT, WA 98032

(LOCATED INSIDE PHYSIO HEALTH CLINIC)

P : **253.867.5759**

F : **253.850.6445**

### ATLAS PHYSIOWORKS

13410 HWY 99 #205  
EVERETT, WA 98204

P : **425-787-5227**

F : **425-787-5228**

**NEW LOCATION COMING SOON  
IN SILVERDALE**

**PROUDLY AFFILIATED WITH PHYSIOHEALTH**

CALL **253.867.5759** TO SCHEDULE YOUR APPOINTMENT WITH A PHYSICAL THERAPIST TODAY

Patient Name: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date: \_\_\_\_\_ DOB: \_\_\_\_\_

Precautions / Comments: \_\_\_\_\_

Claim# \_\_\_\_\_

- Physical Therapy
- Occupational Therapy
- Hand Therapy
- PGAP
- Evaluate and Treat: \_\_\_\_\_
- Work Conditioning** intensive PT & OT program focusing on job simulation  
2 Hours a day / 5 Days a week
- Work Hardening** highly structured, multi-disciplinary.  
job specific program of activity with the goal of returning to work,  
4-8 hours/day 5 days/week
- Functional Capacity Evaluation

Signature \_\_\_\_\_

MD, DO, DC, DPM, ARNP, PA-C, DDS, ND

Please Print Name \_\_\_\_\_



The Right Choice for Healing  
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[www.physioworks.clinic](http://www.physioworks.clinic)



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NEW S L E T T E R

WHERE WE GET YOUR INJURED  
WORKERS BACK TO WORK



Physical Therapy  
Occupational Therapy

Work Conditioning  
Work Hardening  
On-Site Worker Treatments

Hand Therapy  
FCE