



PHYSICAL THERAPY KEEPS EMPLOYEES WORKING

Maintaining healthy employees creates a more productive workforce. Valir's physical therapists strive to help patients regain mobility and full motion after a work related incident. They understand that the road to recovery is personal, so they evaluate the injury and develop a treatment plan tailored to the patient's individual needs. The goal of Valir Physical Therapy is to achieve the greatest results and have the patient return to work without further complications.

Effective physical therapy for the workforce focuses on a customized return-to-work treatment plan, recovery and future injury prevention.

CUSTOMIZED RETURN-TO-WORK TREATMENT PLAN

In order to ensure a safe return to work, a Valir physical therapist will discuss the patient's job functions and determine the necessary treatment options. It is important for the patient to return to work at the end of an appropriate time-frame.

RECOVERY

Valir Physical Therapy helps patients return to their pre-injury job with full mobility and function. During the recovery process, the program is designed to restore neuromuscular and musculoskeletal function including strength, power, joint mobility, motor control and cardiovascular endurance. Prior to returning to work, there is a post-injury screening to assure the patient (and employer) it is safe for them to return to work.

FUTURE INJURY PREVENTION

Valir physical therapists educate companies and patients how to recognize physical risks and ways to eliminate them while on the job. The goal is to increase awareness about how to minimize accumulated physical stress on the job. Injury prevention education include ergonomic evaluations, flexibility and exercise programs, physical demand assessments, functional capacity evaluations, work conditioning and strength training.

SERVICES AVAILABLE

- Aquatic Therapy
- Acupuncture
- Drug Screens
- Ergonomics/Job-Site Analysis
- Functional Capacity Evaluations
- Hand Therapy
- Headaches
- Jaw Pain
- Occupational Therapy
- Personal Training
- Physical Therapy
- Pre-Employment/Post-Offer Screens
- Post-concussive care
- Speech Therapy
- Trigger Point Dry Needling
- Vestibular Rehabilitation
- WorkSTEPS/Workwell

**SAFETY
THROUGH
PHYSICAL
THERAPY**

