



# W.O.R.C.

WINDWARD OCCUPATIONAL REHAB CENTER

## Return to work **STRONGER** and **SAFER**

Fukuji & Lum Physical Therapy offers Work Hardening & Conditioning Programs for Worker's Compensation Patients. These specialized programs are designed primarily to meet the goal of returning patients to work stronger, safer and as soon as possible.



### **WORK CONDITIONING**

- Therapy-based exercise program to improve strength, endurance, flexibility, motor control and cardiopulmonary function.
- Focus is on physical conditioning in preparation for work hardening.

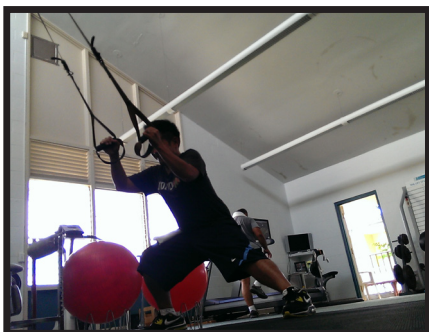


### **WORK HARDENING**

- Structured, goal-oriented individualized treatment program designed to return the patient back to work using real or simulated work activities.
- Restores physical capacity, behavioral and vocational functions.

### **F.C.E. (Functional Capacity Evaluation) TESTING**

A comprehensive physical exam of high validity and reliability to determine a person's functional abilities as it pertains to a specific job description.



OTHER SERVICES:  
**Aquatic Therapy**  
**Massage Therapy**  
**Performance Plus**



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