

Injured Worker's Road to Recovery: One Year Later

David K Hoy PT, MSPT

dhoy@phx-pt.com

Goals:

Successfully working together to match physical capabilities, skills and aptitudes to achieve a successful return to work. Examine and discuss strategies for matching physical capabilities, skills and aptitudes for return to work with the employer and learn the importance of an accurate job description in facilitating return to work.

Tools to Establish Return to Work (RTW)

- 1) Job Description with Physical Capabilities
- 2) Post-Offer Employment Testing (POET)
- 3) Physical Performance Testing (RTW emphasis)
- 4) Work Simulated Tasks
- 5) Work-Conditioning/Work Hardening
- 6) Functional Capacity Evaluations (FCE's)

What did
we know
last year
at this
time?

What did we discuss last year?

- 1) Age Related Changes (The Grey Shift)
- 2) Soft Tissue and Bony Changes that we can't affect
 - a. Rotator Cuff
 - b. Meniscus Injuries/Disc Issues
 - c. ROI: Surgical v Non-Surgical
- 3) Positional Challenges

So, it's
a year
later and
what did
I (we)
learn?



What did
I really
Learn in
the Past
Year?

The "Modern World" has
changed tremendously
(especially since 2020)

Reported Injuries in Sports
dropped in 2020, but
increased over 20% in 2021
and another 12% in 2022
(National Safety Council)

Work-Injuries rose to 2.8
million in 2022, which is an
increase of 7.5% vs 2021

What is influencing the modern nervous system?

- Back Sleeping
- Home based work and play
- Video Games and Computer Use
- Cell Phones and Social Media

Injury Trends in Youth (our future work- force)

- ACL injuries are increasing annually at a rate of 17 to 25%
- Knee injuries in general are increasing at a rate greater than 26%
- UCL reconstructions are increasing at a rate of 9% annually
- Neck Injuries are increasing at a minimum rate of 10% annually
- Low Back Injuries are becoming more prevalent by a rate of 7%

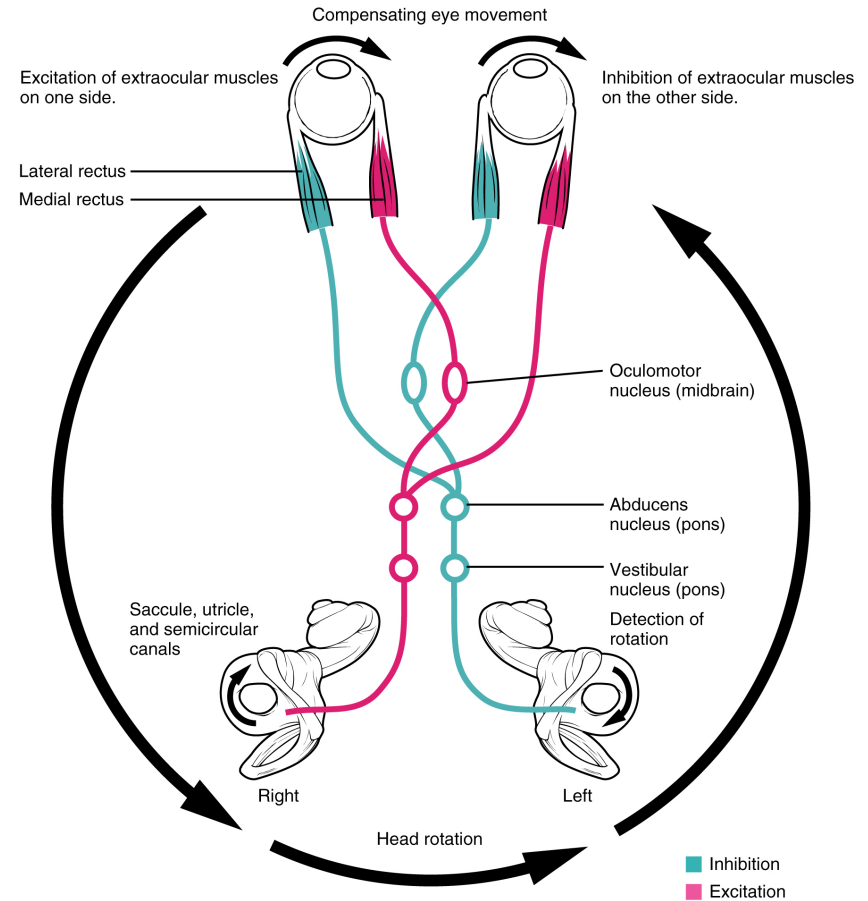
Things that may not be readily obvious...

Visual
Perception and
how it affects
movement

Breathing
Patterns

Patterns of
movement and how
it can relate to
other body parts

Vestibulo- Ocular Reflex



[This Photo](#) by Unknown author is licensed under [CC BY](#).



+



What guides
how we
move?



Perception is
NOT Reality...



Josephine
Moore
PhD, OTR,
FAOTA



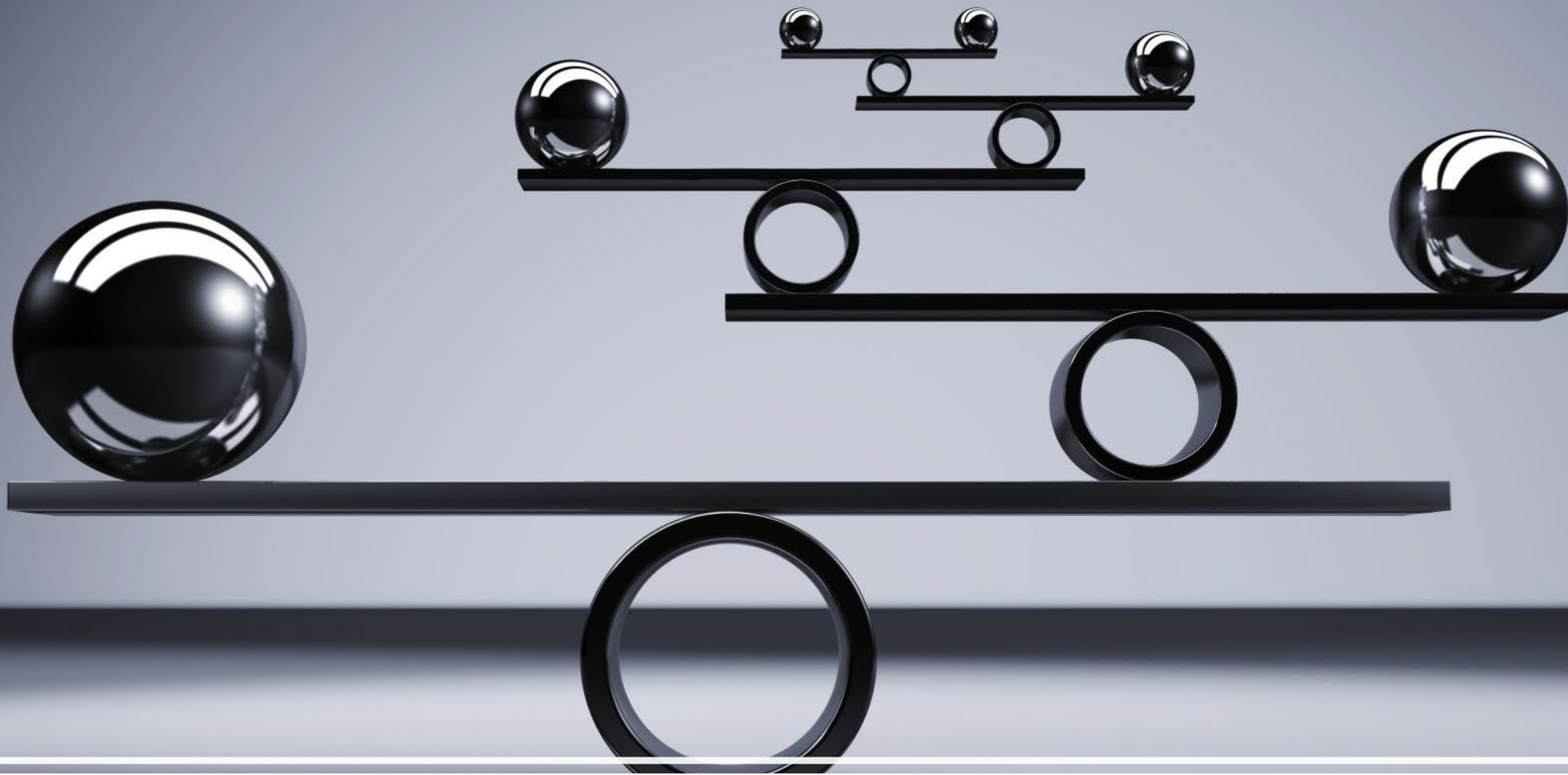
Diaphragmatic vs Accessory Breathing

- Does the way we breath matter?



Breathing vs
Parasympathetic
System??

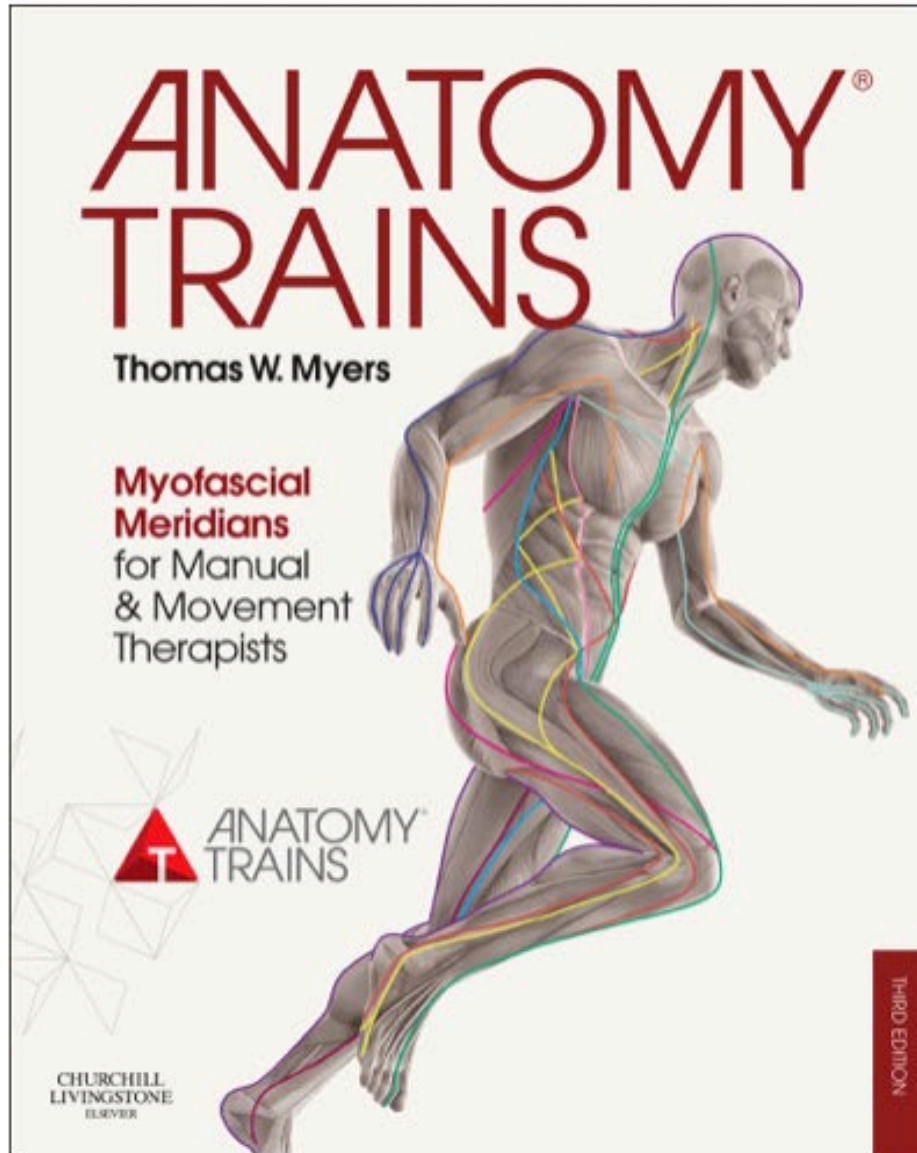




Alignment and other issues

Segmental
Core/Model
of
Tensegrity





Thomas W. Myers

Please don't say it, but.....

- 1) Body Parts/Injuries not accepted in the "claim" are the source or contributing to the chief complaint and hindering progress
- 2) Other parts of claimant's life may be negatively impacting their claim progression (sympathetic vs parasympathetic.)
- 3) The way we interact with the claimant has an impact on the above two points (NCMs, Adjustors, Employers and Healthcare Providers.)