

President's Message

Rick Wickstrom, PT, DPT, CPE, CME

The OHSIG is on the move! September 2022 marked the release of the second in a series of 3 virtual AOPT education courses to qualify physical and occupational therapists for an AOPT Occupational Health Practitioner (OHP) Certificate of Achievement. Our OHSIG has been resilient during the COVID-19 pandemic staying on schedule to implement our initiative to design and implement a certificate program to educate and position our OHSIG members as experts in occupational health. When COVID-19 struck in the Spring of 2020 and most physical therapy services were halted, OHSIG leaders accelerated our planning and were awarded an innovative grant by the Academy of Orthopaedic Physical Therapy to fuel this initiative.

ISC 32.5 *Advanced Therapy Programs in Occupational Health* builds on essential content covered in the first OHP prerequisite course titled, *32.4 Bridging the Gap between the Workplace and Therapy Clinic*. This second course is jam packed with best practice information and links to additional resources and clinical pearls from expert author teams for the following topics:

- Ergonomics for General Industry, Office, and Healthcare
- Work Rehabilitation: Managing Prolonged Episodes of Care
- Functional Capacity Evaluation and Disability Determination
- Collective Glossary of Occupational Health Terms

The OHSIG is on track to launch the final phase of our OHP initiative that consists of a live webinar titled, *Facilitating Therapy Services for Total Worker Health*®. This course will focus on assessing the *Total Worker Health*® needs of employers and developing Direct-to-Employer Services. *Total Worker Health*® is defined as policies, programs, and practices that integrate protection from work-related safety and health hazards with promotion of injury and illness-prevention efforts to advance worker well-being. Direct to employer services emphasize entry-point of care services under direct contract with employers and employer groups to decrease costs, increase access, and improve quality of healthcare for employees. Direct-to-Employer Services include, but are not limited to, services meeting healthcare needs for prevention, wellness, fitness, health promotion, management and rehabilitation of disease and disability, safe work practices, safe return to work, leisure, and activities of daily living.

At CSM 2023 in San Diego, we intend to honor the first group of Physical Therapists and Occupational Therapists who complete the Occupational Health Practitioner Certificate of Achievement at the AOPT All-SIG Meet and Greet Reception. Any AOPT SIG member is welcome to attend this networking event. We would also like to invite all CSM participants to learn pearls of wisdom from the experiences and career track of several lead authors in our OHP Courses at the OHSIG-sponsored presentation titled, *Navigating a Rewarding Career Path in Occupational Health*.

At this checkpoint for OHP progress, Steve Allison and I would like to express our appreciation for the efforts of the first authors

pictured below who set new bar for quality monographs that we hope will empower our members to excel in occupational health. We also want to thank Sharon Kinski (ISC & OPTP Managing Editor) and Guy Simoneau (ISC Editor) for their patience and wisdom in helping us complete the first 2 independent study courses. Stay tuned for more details about the OHP program and our final third interactive webinar course at <https://www.orthopt.org/content/special-interest-groups/occupational-health>. We are fortunate that our OHSIG Education Committee is benefiting from consultation with Karen Snowden, who is the program manager of a similar certificate program in the Pelvic Health Academy. Our OHP initiative is intended to inspire entry-point service opportunities for physical therapists and occupational therapists who are fed up with traditional health insurance.

32.4, Bridging the Gap Between the Workplace and Therapy Clinic

- **Total Worker Health® Protection and Promotion Programs**

Joshua Prall, PT, DPT, EdD, MS, OCS; Rick Wickstrom, PT, DPT, CPE, CME; Shanna Dunbar, BSN, RN, COHN-S, BS; Todd E. Davenport, PT, DPT, MPH, OCS



Josh Prall

- **Functional Job Analysis and Employment Exams**

Moyo B. Tillery, PT, DPT, OCS, FAAOMPT; Roderick C. Stoneburner, MS, CRS (rtd); Rick Wickstrom, PT, DPT, CPE, CME



Moyo Tillery

- **Entry Point Care for Workers with Job Participation Barriers**

Jennifer Klose, PT, DPT; Alison Helmsie, PT, DPT, OCS, Cert MDT; Michael Ross, PT, DHSc, OCS, FAAOMPT; Jennifer Gaul, PT, OCS, CSCS



Jennifer Klose

- **Collective Glossary of Occupational Health Terminology**

Rick Wickstrom, PT, DPT, CPE, CME; Steve Allison, PT, DPT, OCS, CME

32.5, Advanced Therapy Programs in Occupational Health

• Ergonomics for General Industry, Office, and Healthcare

Leslie Pickett, PT, DPT, CPE; Joannette Lima Nativo, PT, MS, CPE; Brian Lowe, PhD, CPE; Aresio Souza, PT, MS, CIE



Leslie Pickett

• Work Rehabilitation: Managing Prolonged Episodes of Care

Katie P. McBee, PT, DPT, MS, OCS; Colleen Medlin, PT, DPT; Brocha Z. Stern, PhD, OTR, CHT; Sarah Martin, OTR/L



Katie McBee

• Functional Capacity Evaluation and Disability Determination

Wayne MacMasters, PT, DPT; Steve Allison, PT, DPT, OCS, CME; Rick Wickstrom, PT, DPT, CPE, CME; Peter McMenamin, PT, DPT, MS



Wayne MacMasters

• Collective Glossary of Occupational Health Terminology

Rick Wickstrom, PT, DPT, CPE, CME; Steve Allison, PT, DPT, OCS, CME



Rick Wickstrom



ADVANCED THERAPY PROGRAMS IN OCCUPATIONAL HEALTH

Independent Study Course 32.5

Learning Objectives

The intent of this monograph series is to prepare physical therapists and other health practitioners to:

1. Identify occupational and non-occupational risk factors for musculoskeletal disorders and understand how they impact the workplace.
2. Understand and describe types of ergonomics evaluations.
3. Recognize key elements of effective ergonomics programs including appropriate outcome measures resulting from effective interventions.
4. Identify appropriate candidates for comprehensive work rehabilitation programs beyond entry point care.
5. Describe the components of a comprehensive evaluation for a worker experiencing a prolonged episode of care.
6. Design an individualized comprehensive work rehabilitation program that aligns with worker needs and balances system demands.
7. Consider performance validity factors used in determining an individual's safe functional capacity and functional limitations.
8. Describe the process for differential diagnosis to assess the causal relationships between health conditions, physical impairments, and resulting functional limitations.
9. Compare the physical capacities of a worker to the physical demands of a job.

Topics and Authors

Ergonomics for General Industry, Office, and Healthcare—Leslie Pickett, PT, DPT, CPE; Joannette Lima Nativo, PT, MS, CPE; Brian Lowe, PhD, CPE; Aresio Souza, PT, MS, CIE

Work Rehabilitation: Managing Prolonged Episodes of Care—Katie P. McBee, PT, DPT, MS, OCS; Colleen Medlin, PT, DPT; Brocha Z. Stern, PhD, OTR, CHT; Sarah Martin, OTR/L

Functional Capacity Evaluation and Disability Determination—Wayne MacMasters, PT, DPT; Steve Allison, PT, DPT, OCS, CME; Rick Wickstrom, PT, DPT, CPE, CME; Peter McMenamin, PT, DPT, MS

Collective Glossary of Occupational Health Terminology—Rick Wickstrom, PT, DPT, CPE, CME; Steve Allison, PT, DPT, OCS, CME

For Registration Fees and Additional Questions, visit orthopt.org

Course Description

This is the 2nd in a series of 3 courses included in the Occupational Health Practitioner certificate program that is managed by the Occupational Health Special Interest Group (OHSIG) of the Academy of Orthopaedic Physical Therapy, APTA. It expands on essential content provided in the 1st course, *Bridging the Gap Between the Workplace and Clinic*, to address best practices in advanced therapy programs in occupational health.

The first monograph emphasizes the elements of a comprehensive ergonomics program and best practices for implementing job interventions to support injury prevention or worker accommodation. Ergonomics interventions are applied to 3 common areas of ergonomic practice: industrial ergonomics/manual material handling, healthcare ergonomics, and computer/office ergonomics. The second monograph emphasizes evidence-based, worker-centered, and clinically relevant strategies to implement advanced work rehabilitation programs for individuals experiencing prolonged episodes of care precluding return to work. Finally, the third monograph provides in-depth instruction on how to administer a functional capacity evaluation to establish cause and nature of an individual's injuries, symptoms, biopsychosocial factors, impairments, activity limitations, participation restrictions, return to work barriers, and facilitators. This includes recommendations for selection of functional performance tests, assessment of performance validity, and interpretation/reporting of information to promote greater fairness and objectivity in disability determination. Finally, each monograph concludes with 3 or 4 applied case scenarios to demonstrate delivery of advanced occupational health programs to prevent needless work disability or expedite functional recovery of injured workers.

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