



KEEPING YOUR WORKFORCE HEALTHY AND ON THE JOB

# EVERGREEN

## PHYSICAL THERAPY

[WWW.EVERGREENPT.ORG](http://WWW.EVERGREENPT.ORG)

### Musculoskeletal injuries are common in the workplace and result in close to 30% of all injuries.

These injuries are caused either by accidents or long-term use as a part of your employee's daily routine. Musculoskeletal disorders (MSDs), sometimes called "ergonomic injuries", occur when the body uses muscles, tendons, and ligaments to perform tasks, often times in awkward positions or in frequent activities which over time can create pain and injury. Overexertion and repetitive motion are the primary causes of these injuries.

#### Our Workers' Compensation Program Helps Workers:

- Restore normal range of motion lost to injury
- Reduce injury-related pain and stiffness
- Restore strength, flexibility, and endurance



An effective, responsive and cost-efficient physical therapy program helps all involved parties, including the injured worker, the employer and the employer's workers' comp insurance provider.

## MAKING THE RIGHT CHOICE FOR YOUR WORKFORCE

### Why Us?

We provide evidence-based hands-on care designed to facilitate a timely return to work, with expedited access to care. Our clinics offer quick and efficient scheduling and our therapists focus on the injured workers' functional goals in combination with the job specific tasks required day to day. Constant communication between all parties is integral and part of our overall success in safe and sustainable return to work and our clinical team is well versed in the benefits of early RTW.

### Cost & Value

The financial impact of lost productivity after a workplace injury often surpasses the cost of direct medical cost. Our primary goal is to help prevent injuries from happening on the job through education and early symptom intervention when available. If an injury does occur, our goal is then focused on helping the injured worker return to their productive and fulfilling work and personal life. We work to ensure that your organization's workforce is safe and productive.

## JUST THE FACTS

Workers' Compensation Research Institute (WCRI) study found, on average, the number of weeks of temporary disability per claim was 58% longer when PT was initiated more than 30 days post-injury. The percentage of cases with attorney involvement were significantly higher, too.

When an injured worker gets PT for low back pain — the most common work-related musculoskeletal disorder — within 14 days of their injury, it's been shown to significantly reduce the use and costs of medical services. In most cases, the earlier PT begins, the better the chance of returning to work without needing surgical intervention.

### Physical therapy is one of the most effective ways to treat workplace injuries.

When workplace injuries occur, workers' compensation physical therapy is a critical component in ensuring a successful recovery and a return to full work capacity. Through customized treatment plans, early intervention, and a focus on restoring functional ability tailored to job requirements, we help injured workers recover safely and efficiently while minimizing downtime and reducing the risk of re-injury.

## OTHER SERVICES OFFERED

### POETS

The Post Offer Employment Test (POET) is an evaluation of a conditional new hire's ability to perform the physical demands of the job with or without reasonable accommodation. The POET is developed specifically from an onsite Job Demands Analysis, which outlines the essential demands of each job/position. Utilizing this testing can ensure the company's contingent employees are capable of performing the required physical demands of the job safely and sustainably.

### TRIPLE 3 FUNCTIONAL WORK CONDITIONING

Work conditioning is a program designed to maximize work abilities by integrating education, aerobic exercise, stretching, strengthening, and functional task training to optimize safe return to work. Our Triple 3 program is an advanced program that takes place between three and six weeks with an intensive three time per week participation for three-hour sessions that mirrors functional work requirements.

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## PHYSICAL THERAPY



#### BIG RAPIDS CLINIC

1268 W. Perry Avenue  
Big Rapids, MI 49307  
**P: 231-796-4419**  
F: 231-796-4980

#### CLARE CLINIC

107 Schoolcrest Avenue  
Clare, MI 48617  
**P: 989-386-9170**  
F: 989-386-9220

#### GLADWIN CLINIC

1206 North State St.  
Gladwin, MI 48624  
**P: 989-246-2311**  
F: 989-246-2315

#### HARRISON CLINIC

158 North First St.  
Suite D  
Harrison, MI 48625  
**P: 989-539-4167**  
F: 989-539-4436

#### MIDLAND CLINIC

2600 N Saginaw Rd  
Suite C  
Midland, MI 48640  
**P: 989-837-1529**  
F: 989-837-2499



**SCAN QR code and contact us TODAY!**

