

Clinical Rehab Specialists: providing quality individualized Physical Therapy Care



Website: www.clinical-rehab-specialists.net

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Expanded Services

We have the capability and specialized training to conduct:

- **Work-related Evaluation and Training**
 - **Acute Physical Therapy**
 - **Ergonomic Job Site Evaluations**
 - **Work Conditioning (2–4 hour daily program focused on physical activities to improve tolerance of work activities)**
 - **Work Hardening (4-8 hour progressive daily program focused on work simulation activities)**
 - **Physical/Functional Capacity Evaluation (comprehensive assessment designed to determine work tolerance)**
- **Analysis of movement disorders**
- **Video analysis of biomechanical dysfunction associated with running, jumping and lifting**
- **Concussion Balance screening using the Humac Computerized Balance System**
- **Functional management of Orthopaedic and Neurological Disorders**

We currently accept the following Insurance Carriers:

- ◆ Medicare
- ◆ MassHealth
- ◆ Blue Cross/Blue Shield MA
- ◆ Cigna
- ◆ Tufts
- ◆ HPHC
- ◆ United Healthcare
- ◆ M.V.A.
- ◆ Workers' Compensation

Meet our Clinicians:

Gerry Dybel PT, ScD, GCS: My initial experience focused on treatment of orthopedic and neuro-rehab patients. I have advanced certification in neurodevelopmental treatment of strokes and head injuries. Additionally, I have advanced training in ergonomics and biomechanical analysis in sports training and have been a faculty member in the physical therapy department of a local university since 1992. I have achieved the Geriatric Clinical Specialist certification from the Board of Clinical Specialties of the American Physical Therapy Association. Currently my focus on the management of orthopaedic and neurological disorders in the senior population.

Connie J. Seymour, PT, PhD, OCS: My clinical background is varied with certifications in treating the neurologically involved client to orthopaedics. I am certified as an Orthopedic Clinical Specialist through the American Physical Therapy Association (APTA). I continue to practice as a generalist but especially enjoy working with neurological, orthopedic, and geriatric clients. I am very involved with the Healthy Elder Living Program (HELP) which is an interdisciplinary program designed to promote health and fitness in older community dwelling adults. Additionally, I am part of a maintenance intervention for neurologically involved individuals from the Greater Merrimack Valley.

More on Functional Capacity Evaluation and Physical Therapy Management of Work-related Conditions

Clinical Rehab Specialists provides a full range of services for the injured worker population. We understand how important it is to return the worker to their job. We design treatment programs to help the worker meet goals safely and quickly. Our staff specializes in coordinating care with physicians, employers, case managers, vocational counselors and insurance companies to reduce the hassle of locating services for all aspects of managing the injured worker.

“Typical components of a good work conditioning or work hardening program include cardiovascular conditioning, neuromuscular strength and flexibility training, and functional work activity/simulation activities.. Functional activity deficits can be addressed in a variety of customizable work simulation activities using work samples and materials.

Several elements must be considered before starting a work program. Work hardening and work conditioning clients are in the clinic for longer periods of time, performing more physical types of work, such as lifting, carrying, pushing, pulling, and climbing. Dedicated space is required, as are work samples.

A functional capacity evaluation (FCE) is defined as "a systematic method of measuring an individual's ability to perform meaningful tasks on a safe and dependable basis." FCEs are comprised of multiple assessments. Best practices and research indicate that a trained clinician should select individually researched and validated assessments to measure the factors specific to the client and the specific job or occupation.

This can be a daunting task, and it's another area in which leading technology-based functional testing systems help clinicians deliver better FCEs more quickly. The time required to perform an FCE varies depending on what information is required. Most FCEs can be complet-

ed in less than 4 hours; however, some may be performed over the course of a full work day or consecutive half-days.

Referral questions, typically posed by physicians and insurance companies, dictate the type of FCE to be performed:

- Job task matching - comparing client abilities to the same job they held prior to the injury.
- Occupation matching - comparing client abilities to the same occupation they held prior to the injury.
- Work restriction - can the client return to their usual and customary employment with modifications or restrictions?
- Work capacity evaluation - obtaining a client's maximum abilities for comparison to any occupation.
- Disability rating - quantifying the extent of a client's disability.

In order to answer questions regarding return to work, a comprehensive physical demands analysis is needed to accurately compare clients' abilities to the job demands. The FCE is then performed against these job demands to determine whether the client is able to return to the occupation, whether there are functional limitations, and other considerations.”



Content excerpted from All in a Day's Work: New technology is helping practice owners add an industrial rehab service. Advance for Physical Therapy and Rehab Medicine Posted on: November 14, 2013 By Tim Seals, MS, OTR/L, CEAS, and Kelly Chapman-Day, OTD, OTR/L, CVE