#### **REFER A PATIENT**

Choose one of these three convenient ways:

- Submit an internal referral through Epic.
- Call us with the referral at (866) 402-2753 or (217) 383-4040.
- Fax a prescription to (217) 383-6176.

#### INSURANCE

Patients should contact their insurance provider to determine coverage prior to making the first appointment.

#### LOCATIONS

Carle Urbana North Annex 810 W. Anthony Dr., Urbana, IL (217) 383-3400

Carle Therapy Services Mattoon/Charleston 5731 Park Dr., Charleston, IL (217) 238-5666

Carle Danville on Vermilion 2300 N. Vermilion St., Danville, IL (217) 431-7930

Carle Hoopeston Regional Health Center 701 East Orange St., Hoopeston, IL (217) 283-8406

Carle Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-217-383-2543.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-217-326-0340.

1220SK



611 W. Park St., Urbana, IL 61801 | (217) 383-3311 | carle.org 82061X-0521 STHR060920

# Industrial Rehabilitation

#### CARLE THERAPY SERVICES





# Helping your patients quickly return to work.

At Carle Therapy Services, our goal is to help patients return to work as quickly as possible. We work with patients individually to assess their needs and develop a unique plan to help them work with better independence and safety. We provide:

### Work Conditioning

- Total body conditioning program to improve flexibility, strength and endurance.
- Cardiovascular conditioning.
- Material handling activities.
- Physical demand level classification and progression.
- Work stimulation activities.
- Body mechanics education to focus on preventing recurring back or other injuries.
- Integrated approach of therapy and return to work.

## **Functional Capacity Evaluation**

- Static/dynamic lifting tasks.
- Muscle strength and joint range of motion measurements.
- Cardiovascular endurance exercises.
- Assessment of work abilities.
- Correlation of test findings to work activities.

#### Work Site Ergonomic Assessment

- Customized work station evaluation s in office and industrial settings.
- Recommendations for modifying their work station to decrease pain and prevent injury and cumulative trauma disorders.
- Provide education to the client on equipment adjustments that can be made with rationale for making changes.