Post Rehabilitation Program

A voluntary 3 month program designed to improve job-related strength and endurance for employees returning to work following an injury.

The Program

A structured and supervised program consisting of:

► Cardiovascular exercises
► Strengthening exercises
► Stretching exercises
► Core stabilization exercises

Activities are held at the Student Recreation Center.

This program is brought to you through a partnership between Environmental Health & Safety, Student Recreation Center, and the Wellness Program for Academic and Staff.

Contact

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Description
A voluntary 3-month exercise program designed to improve recovery and increase fitness levels. The aim is to improve physical fitness following a(n):

► Injury,
► Illness, or
► Surgery

Purpose
This program intends to help employees improve the ability to safely return to customary job duties after an injury and reduce the risk of re-injury.

There is no cost to participate in the program!

Eligibility
UCR Staff and Faculty with work-related or non-occupational injuries. Eligibility begins after employees have:

► Completed physical therapy or a rehabilitation program
► Returned to work either full work duty or with work restrictions
► A need to improve physical strength to meet job demands and prevent re-injury
► Obtained a Medical Release Form from their physician or medical provider.

Objectives
This program is designed to provide strengthening and functional endurance training to those who have been medically released to resume work, but who have not yet reached a true “full” recovery from their injury.

How does it work?
Three simple steps to better health:

1. **Initial Injury Assessment**
   Upon enrollment, employees receive an Initial Injury Assessment to identify risk and determine physical impairments.

2. **Exercise Prescription**
   Qualified personnel then provides an exercise prescription tailored to meet specific health objectives.

3. **Exercise Sessions**
   Three (3) exercise sessions occur each week at the Student Recreation Center. One is supervised by fitness personnel and two are at the employee’s discretion.

The program lasts three (3) months.