

<i>Operational Definitions From Previous Guidelines (for historical purposes only)</i>		<i>Current Operational Definition</i>
<b><i>WORK CONDITIONING</i></b>	<b><i>WORK HARDENING</i></b>	<b><i>WORK REHABILITATION</i></b>
Addresses physical and functional needs; may be provided by one discipline (single discipline model)	Addresses physical, functional, behavioral, vocational needs within a multidisciplinary model	Addresses physical, functional, behavioral, vocational needs within a multidisciplinary model that includes medical and workplace stakeholders
Requires Work Conditioning examination and evaluation	Requires Work Hardening examination and evaluation	Requires examination and evaluation with functional testing. Also requires communication and coordination with other stakeholders.
Utilizes physical conditioning and functional activities related to work	Utilizes real or simulated work activities	Utilizes various therapeutic interventions with a functional emphasis, emphasizing the role of the worker/work activities
Provided in multi-hour sessions up to: <ul style="list-style-type: none"> <li>• 4 hours/day</li> <li>• 5 days/week</li> <li>• 8 weeks</li> </ul>	Provided in multi-hour sessions up to: <ul style="list-style-type: none"> <li>• 8 hours/day</li> <li>• 5 days/week</li> <li>• 8 weeks</li> </ul>	Determined by situational analysis, may extend from hour/multi-hour sessions depending on evaluation plan of care and options/availability for work reintegration

# Example Exercise Work Hardening Program

**Wisconsin**



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