



## Is Your Client Prepared to undergo an FCE?

Individuals unemployed for extended periods of time often become deconditioned. Not only are they coping with the injury itself, but their new sedentary lifestyle can cause their physical fitness level to decline. Work Conditioning (WC) prepares an individual for an FCE test by improving their mental and physical state.

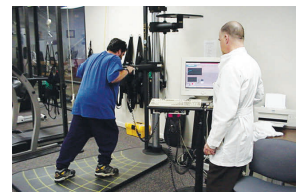
Each program should be individualized and progressive. The focus should be to improve biomechanical, neuromuscular, cardiovascular/metabolic and psychosocial functions. A good work conditioning protocol will improve the individual's strength, endurance, and flexibility. Actual job simulation tasks are crucial to restoring function and increasing the individual's physical tolerances. From a psychosocial standpoint, WC helps the employee become acclimated to a normal routine again, while improving their motivation to return to the work environment. Overall, a successful WC program will ensure the individual is mentally and physically prepared to undergo an FCE and improve their functional ability. This will result in a higher level of function and improved ability to return to work safely.

## LOCATIONS:

HOUMA WEST  
478 Corporate Dr.  
Houma, LA 70360  
985-872-5911

HOUMA EAST  
814 Grand Caillou Rd. Ste 17  
Houma, LA 70363  
985-346-0383

NEW ORLEANS  
1516 River Oaks Rd. West  
Harahan, LA 70123  
504-733-2111



## ABOUT OUR EVALUATORS:

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Richard W. Bunch PhD, PT, CBES  
Founder and CEO, of ISR Institute , Partner of ISR  
Physical Therapy of Houma & Harahan

Dr. Bunch is founder and CEO of ISR Institute. He is a nationally renowned professional speaker, author and consultant on the topics of wellness, ergonomics, injury prevention and injury management.



Trevor D. Bardarson PT, OCS, CSCS  
Clinic Director, Houma, Partner of ISR Physical Therapy of  
Houma & Harahan

Trevor is a Board Certified Orthopedic Specialist and Certified Behavioral Based Ergonomic Specialist. He is also Certified in Mechanical Diagnosis and Therapy of the Spine by the McKenzie Institute USA, is a Certified Strength and Conditioning Specialist, and is currently the Training Director for the Worksaver FCE Protocol. Mr. Bardarson is also the Vice President of Clinical Operations for Industrial Safety and Rehabilitation Institute and Clinic Director/Partner of ISR Physical Therapy of Houma, LLC.



Marc Cavallino, MPT, OCS  
Clinic Director & Partner of ISR Physical Therapy Harahan

Marc completed his Masters of Physical Therapy at Emory University in 2001. He has had the opportunity since his graduation to work with a variety of orthopedic conditions and is experienced in FCEs, work conditioning, sports injuries as well as back and neck injuries.