

Getting the Injured Worker Back to Work

If time and money were not luxuries but easy to come by, it wouldn't matter where your worker went for rehabilitation. However, in the world we live, real world problems need real world solutions. At Occupational Rehabilitation Associates (ORA), Michael Caruso helps bridge that gap by employing methods that are both cost effective and successful.

At ORA our approach to rehab involves more than just analyzing worker incapacity for movement problems. We also identify and address physiological and social risk factors. We encourage feedback from the injured worker and active participation is a must for continuation of treatment. This common sense approach combined with Mike's in depth knowledge and experience brings results with even the most challenging patients.

Here's how our knowledge & experience can help you control Injured Worker (IW) costs:

- We educate the IW and help change the thought processes that contribute to poor outcomes.
- We address the return-to-work barriers of the complex IW helping to minimize self-perception of disability.
- We recognize and objectively document cooperation and participation.
- We use the Symptom Magnification Behavior Assessment Tool to help make you aware of possible inconsistencies.
- We coordinate effective care with Nurse Case Managers, Vocational

Specialists and Adjusters.

- We provide reports that synthesize the complex aspects of an Injured Worker's Condition and Work Capacity. These reports are more than just computer calculations.
- We focus on moving the patient from medicalization to wellness. Medical care can become a costly and ineffective dependency for some IWs. The remedy most supported in studies is treatment with a focus on reinforcement for the IW to develop and build internal resources (coping) and the 'body sense' for self-management and optimal functioning.
- Since Mike Caruso treats the IW and writes the reports you can rest assured that the information you receive is first hand and defensible.

Services

Functional Capacity Evaluations That:

- Assess capacity, not just report one day's performance.
- Objectively measure functional tasks.
- Assess reliability of subjective reports.
- Offer more than just a musculoskeletal screen.
- Include whole body assessment of relevant movement dysfunction.

Work Hardening Programs

Work-place readiness training that bring together strong healthy movement patterns and the capacity for improved job task performance.

Functional Job Descriptions

Description of jobs in terms of physical demands for matching worker capacity to the work.

Independent Physical Therapy Evaluations

A worker-focused, expert assessment of the whole body movement performance and motor control. These are the often over-looked keys to functional recovery and return to work. (*More relevant than the often relied on narrow-focused exams or imaging studies*).

Patient Inquiry software objectively measures the injured workers self-perception of limitations and abilities. These factors are better indicators than physical findings (including MRI or pain levels) in predicting treatment outcomes and costs.

Getting Serious About Quality and Outcomes

All clinicians and case workers are challenged to demonstrate the quality of their work with patients. We use an independent outcome measurement instrument, Patient Inquiry by FOTO Inc. According to their research, ORA has one of the highest concentrations of multiple complex patients in the United States.

Mike has a long track record of beating the odds and reducing case costs with effective physical rehab.

Give ORA a try and enjoy the benefits of using a proven Industrial Rehabilitation provider.

About Mike Caruso

Mike has successfully treated physical therapy patients for over 20 years in Maryland. He is an authority in industrial physical therapy and the physical therapy management of chronic pain conditions related to the musculoskeletal system. Mike is the **owner of an independent private practice** dedicated to providing the highest quality of care for his patients. He has a special interest in problems involving the spine, although his practice includes patients with many types of work-related and sports injuries. Some of his accomplishments include:

Education/Certification

Old Dominion University in Virginia:
Physical Therapy Program
(Magna Cum Laude)

Gulf Coast Physical Therapy Institute:

Advanced training in Orthopaedic Manual Therapy

Board Certified by the American Board of Physical Therapy Specialties through 2008

American Academy of Orthopaedic Manual Physical Therapists:

Full Fellow, American Academy of Orthopaedic Manual Physical Therapists. (the most rigorous credential process for manual physical therapist nationally; with less than 1000 recipients).

Awards

- Kendall Award for Outstanding Achievement in Physical Therapy, 1998
- Rehabilitation Corporation Northern Division 1995 Clinician of the Year
- Governor's Citation for work as a

member of the Technical Work Group on acute lower back pain

Associations/Presentations

- Member of the Maryland Joint Task Force on Injured Workers Rehabilitation
- Member of the American Physical Therapy Association.
- Speaker at numerous Injured Workers Conferences
- Speaker at the Education Association of Maryland Lawyers
- Appointed to the 2008 WCRI Advisory Committee for Maryland



For more information or to schedule a visit, please see our website or give us a call.

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Michael Caruso PT pa is an independently owned, private practice trading as **Occupational Rehabilitation Associates**.