

## Our Mission

Eastern Iowa Physical Therapy (EIPT) is a practice that is focused on helping people live their lives to the fullest. We are guided by our mission to provide quality and individualized physical therapy, occupational therapy, speech therapy and athletic training services to the clients who we serve.



## Work Injury Prevention Program

Work injury education focuses on job specific education for employees. EIPT therapists will perform a walkthrough of the workplace and complete a partial job analysis to understand the nature of the work in conjunction with developing the job specific education.

## Work Injury Rehabilitation

Our goal is to provide the safe and timely return of the worker. We also seek ways to reduce the risk of reinjury of the worker. Early care for musculoskeletal injuries may consist of:

- Passive modalities including: cold/heat therapy, electrical stimulation, ultrasound and massage for the management of pain and inflammation.
- Therapeutic exercise to restore mobility and strength.
- Manual therapy techniques to promote normal joint motion.
- Progressive exercise and functional training to restore normal movement patterns, strength, endurance and tolerance to daily activity for return to work.

## The Eastern Iowa Physical Therapy Staff is

- motivated to keep the worker *at work* during work injury recovery.
- a partner with the employer to determine an appropriate injury recovery plan.



**We are Dedicated to Providing Value to You**



## Body Mechanics and Job Observation Program

This program consists of visits to the workplace by a physical therapist from EIPT. Sessions are spent observing workers while they are performing their daily job tasks to determine faulty body mechanics which may put the worker at risk. Time will also be spent identifying simplified ways to perform each task requiring less energy expenditure. Ergonomic recommendations are also made to the employer to assist in establishing a safer work place. It has been shown that a program customized for local industry can result in a significant reduction in work related injuries.

Eastern Iowa Physical Therapists will provide preventive health and safety strategies by identifying and treating a potential for injury before it occurs

EIPT can work alongside the employer to design a work environment where physical stress is lessened, body energy is conserved and productivity increases significantly. When employees are properly trained in injury prevention, there is a potential for a lower number of work related injuries. This can result in fewer sick days, fewer claims to workers compensation, and significant cost savings for the employer. The goal is to have less work injuries by promoting a safe and efficient workplace.

## Provided At No Cost To You!

### Workplace Assessments

Trained professionals are available to tour your facility and help you develop an action plan to:

- Improve employee health
- Reduce workplace injuries
- Reduce workers compensation costs
- Reduce lost days due to workplace injuries

### Ongoing Partnering

Eastern Iowa Physical therapy offers *local*, low cost treatment focusing on *educating* the client to manage their health and rehab.

The staff will provide same day service followed by an immediate progress report.

A physical therapist is available for frequent visits to your facility to provide stretching exercises, proper body mechanics and other employee instructions regarding lifting, flexibility and balance issues.

### Flexible Hours

Eastern Iowa Physical Therapy is open early morning and evenings to accommodate work schedules. A therapist is available to arrange appointments prior to and after office hours when requested.

### Office Ergonomics

#### Keyboard

- Position to maintain neutral wrist posture.
- Directly in front of the user.
- Size of keyboard does not promote radial/ulnar deviation
- Keep shoulder relaxed, elbow at sides as close to 90 degree posture as possible.
- Keyboard at desk edge.

#### Monitor

- Directly in front of the employee.
- Monitor tilted to create a perpendicular sight line

#### Chair

- 3-4" between front of seat and back of knee.
- Tilt seat pan to promote 90/90/90 posture
- Utilize lumbar support
- Keep thighs close to parallel with ground.
- Appropriate seat posture is 3-5" between key board and desk edge.

## Locations



### Wilton

400 Ovesen Drive  
563-732-4317

Hours: M – F 7am – 6pm  
Opened under ownership of

Beth Dessner, PT, OCS & CSCS in May 2004.

### Durant

Heinsite Fitness Center  
107 W. 5th Street  
563-785-6578

Hours: T & Th 7am – 5pm  
Open since 2004.

Located in Heinsite Fitness since 2006.

### Blue Grass

413 S. Mississippi  
563-381-8793

Hours: M, W & F 8am – 6pm

Opened in January 2007 under the direction  
of Rachael Martin, PT, ATC & CSCS

**Make an appointment with the  
clinic staff to fit your schedule.**

**Eastern Iowa  
Physical Therapy**

[www.eiptherapy.com](http://www.eiptherapy.com)

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**In the Workplace**

**Ergonomic Consult**

**Wellness Programs**

**Stretching Programs**

**Same Day Treatment**

**Body Mechanics and  
Job Observation Program**

**On-Site Injury Evaluations**

**Management Team Training**

**Musculoskeletal Risk Assessment**

**New Hire Screening with Lift Evaluation**