

# C.O.R.E. Program

**The Center for Occupational Rehabilitation and Ergonomics (C.O.R.E.)** is a comprehensive work conditioning program whose primary goal is to safely return patients to the workforce. Occupational and physical therapists who administer this program have advanced training in the philosophy of the Isernhagen Work System.

C.O.R.E. is based on a kinesiophysical model that allows the tester to determine maximum function based on objective physical findings. Safe procedures are used to ensure that no adverse reactions occur during the test situation. Although the program will assist the client with pain reduction, the primary goal is to safely return the client to the workforce.

## **The Johns Hopkins C.O.R.E. Program provides**

### **Functional Capacity Evaluation (FCE)**

A two-day assessment of the client's functional capabilities. Findings are used for disability ratings or to determine a client's return-to-work status.

### **Pre-Work Screen (PWS)**

A job-specific screening process involving functional testing to determine if a client can perform essential functions for a particular job.

### **Work Conditioning**

A two- to six-hour program designed for training patients to return to a particular job. The program provides educational sessions, exercise programs and work simulation activities.



A therapist assesses a client's hand strength during functional capacity evaluation using a hand dynamometer.

**For more information,  
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