

**INTERNATIONAL ASSOCIATION OF FIRE FIGHTERS  
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# **Restoring Wellness: Injury Rehab**

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# Injury and Medical Rehabilitation

**“Rehabilitation: sequence of services restoring patient’s physical function following an injury” (p43)**

- Starts at the moment of injury
- Concludes when FF restored to full duty
- Must address both physical and psychological factors which impact recovery process.
- Early in process, it is recommended that a department PFT be assigned and communicate with the rehab provider.



# WFI Best Practices Study: Spectrum Of Rehab

- Most diverse of “7” WFI components (0 – 100)
- Minimal: “regular patient experience” (PCP/PT)
- Maximal: Full “in house” Prehab/Rehab services and return to work system with case manager
- Portland Fire & Rescue Rehabilitation and Treatment “Hybrid” Model

# Gold Standard



- Sports Medicine Model
- Tim Drudge MS, LAT, ATC



# Sports Medicine Model - Wholistic Approach

## Fairfax County Fire & Rescue

- Wholistic: work-through rehab, Work conditioning, BH
- PFT (30) work with members and new recruits in the gym
  - TSAC certified
  - Changed culture
  - Peer fitness counselors

