

Twin Cities Occupational Health and Rehabilitation®



Positive Results for Patient's and Employers!



*Back to work, **back to play**, back to life.*

2520 Pilot Knob Road, Suite 250
Mendota Heights, MN 55120
(651) 224-8264

10190 Baltimore St. N.E., Suite 100
Blaine, MN 55449
(763) 780-8264

info@tcohr.com / www.tcohr.com

Workplace Injury & Wellness Care

Injury Care

- Cuts, Burns, Bone & Joint Injuries
- x-Ray capabilities



Screening

- Drug Screens (eScreen, Quest, LabCorp, Medtox, ATN and others)
 - *instant, DOT / non-DOT, breath and blood alcohol, hair*
- Respirator Screening and Qualitative Fit Testing
- Hazardous Exposure Screens (*hearing, metals, chemicals, etc.*)
- Wellness Screens (*blood pressure, cholesterol, glucose, etc.*)
- Vaccines (*hepatitis, flu, TDAP, MMR, varicella, etc*)



Exams

- DOT Physicals
- Respirator Fitness
- Pre-employment & Return-to-work
- Medical Surveillance

Physical Therapy Rehabilitation and Injury Prevention

Functional Job Analysis

Converting physical job requirements into safe, ADA-compliant job descriptions

Pre-Work Job Simulations

Matching physical job requirements with workers' ability to perform the job using targeted musculoskeletal exams or specific Human Performance Evaluations (HPE's)



Physical Therapy / Injury Rehabilitation

Rapid, initial appointments and aggressive follow-up, using a sports-medicine model to safely return injured employees to work as soon as possible

Functional Capacity Exam

Ensuring return-to-work readiness

Partner With TCOHR For

- **Rapid, Secure Electronic Patient Reports**
- **Direct Communication with Physicians and Therapists**
- **Affiliated with the 400-clinic Concentra Network**
- **On-site Pharmacy, X-ray, Physical Therapy**
- **Free eNewsletters on Occupational Medicine Topics**
- **Useful Information on Web Site www.tcohr.com**

How To Find Us

Blaine Clinic Directions

*One block West of
Blaine National Sports Center
off of Central (Hwy 65)*

Mendota Heights Directions

*Between 494, Highways 13 & 55
3 Minutes East of the MSP Airport
On Bus Routes 415, 436, 446*

From 694: Central Ave (65) North
Right on 103rd (at McDonalds).
Immediate right and follow to end of
drive into TCHOR lot.

From 494: Exit Pilot Knob Road,
North one block,
Right onto Northland Drive,
Left into first driveway.

From Highway 10: One mile North of
Hwy 10 on Hwy 65 (Central Ave).
Right on 103rd (at McDonalds).
Immediate right and follow to end of
drive into TCOHR lot.

From Hwy 55: West at light on
Mendota Heights Road,
Left on Pilot Knob Road,
Left on Northland Drive,
Left into 1st driveway.

From North: Highway 65 South.
Left at 105th Ave,
Right onto Baltimore,
follow to end of drive into TCOHR lot.

From Hwy 13: East on Mendota
Heights Road, Right on Pilot Knob
Road, Left on Northland Drive,
first driveway on Left.

Visit us online at www.tcohr.com

Email us at info@tcohr.com