



ISR Physical Therapy

FCE TIP OF THE MONTH
APRIL, 2009

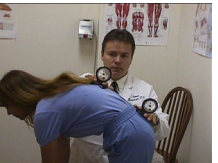
The Torso Lift in FCEs. Is it Safe?



There are various formats for FCEs and some use computerized equipment or protocols that include the NIOSH format of lifting. This format includes a lift test called the “Torso List.” The torso lift is conducted by having the person bend at the waist without bending the knees and lifting using only the back (or torso). The official opinion of ISR Physical Therapy, as reflected in the absence of this type of lift test in our WorkSaver FCE protocol, is that the torso lift test creates unacceptable excessive forces in the lower back and is therefore inherently unsafe to perform.



The U.S. Department of Labor has published statistics that show that 83% of all lift injuries occur when a person lifts only with the back while the knees are not bent. During such lifts, as the torso is bending forward or flexing, back and abdominal muscles lose the ability to support the lumbar spine and disc pressure increases to very high levels. In addition, the alignment of the lumbar disc changes from being horizontal to almost vertical. Lumbar spinal discs are poorly designed to resist shearing forces created by the more vertical orientation during a torso lift. All taken together, a torso lift creates the “perfect storm” in the lower back to strain a muscle or rupture a disc. The bottom line, never agree to undergo this type of lift test and always use FCE providers that have a clear safety record in FCE administration.



ISR Physical Therapy’s clinicians are experts in **effective and safe functional testing** and are always available to answer your questions about this valuable evaluation process.

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“No Excuses. Just Results!”
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ABOUT OUR EVALUATORS:

Richard W. Bunch PhD, PT, CBES

Founder and CEO, of ISR Institute , Partner of ISR Physical Therapy of Houma & Harahan

Dr. Bunch is the founder and developer of the WorkSaver FCE system, a nationally renowned professional speaker, author and consultant on the topics of wellness, ergonomics, injury prevention and injury management. He is also the co-author of the book, *Conversations in Health and Wellness*.



Trevor D. Bardarson PT, OCS, CSCS

Clinic Director, Houma, Partner of ISR Physical Therapy of Houma & Harahan

Trevor is a Board Certified Orthopedic Specialist and Certified Behavioral Based Ergonomic Specialist. He is also Certified in Mechanical Diagnosis and Therapy of the Spine by the McKenzie Institute USA, is a Certified Strength and Conditioning Specialist, and is currently the Training Director for the Worksaver FCE Protocol. Mr. Bardarson is also the Vice President of Clinical Operations for Industrial Safety and Rehabilitation Institute and Clinic Director/Partner of ISR Physical Therapy of Houma, LLC.



Marc Cavallino, MPT, OCS

Clinic Director & Partner of ISR Physical Therapy Harahan

Marc completed his Masters of Physical Therapy at Emory University in 2001. He has had the opportunity since his graduation to work with a variety of orthopedic conditions and is experienced in FCEs, work conditioning, sports injuries as well as back and neck injuries.

