



Interpreting validity of effort



There are many factors used to determine validity of effort when performing a FCE. Many are statistical analysis of cross referenced data and others are physiologic signs. Two common physiologic signs of pain used are heart rate and blood pressure. The normal response to high levels of pain or a sudden increase in pain is an elevation in heart rate and blood pressure. But these responses can be affected by certain medications. Clients with diagnosed hypertension may be taking beta blockers. These medications dampen or even restrict the normal elevation of heart rate to pain responses. Therefore, it is important for a skilled FCE evaluator to recognize this and utilize other means to assess validity of effort given during a FCE.



Cross referencing effort and symptoms is a critical component in the FCE process as we have to answer two very important questions: 1.) What type of work can they physically do? 2.) Did they try during the FCE process?



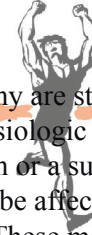
The WorkSaver FCE process has over 55 different cross references used to determine validity of effort. As a result, we are able to state with confidence if an individual gave their best effort during the FCE or if they were magnifying their symptoms and/or disability.



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ABOUT OUR EVALUATORS:

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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 coauthor of the book, *Conversations in Health and Wellness*.



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Trevor is a Board Certified Orthopedic Specialist in physical therapy 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

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

