



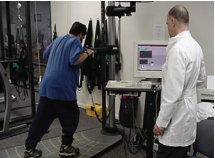
ISR Physical Therapy

FCE TIP OF THE MONTH
August, 2010



What Factors Determine a Good FCE?

Functional capacity evaluations (FCE) have been around for many years, yet more recently, the use of them is growing. Over time, FCEs have proved to be a vital tool in assessing an injured employee's ability to safely return to work. This fact, in combination with the growing number of FCE protocols and increasing number of clinicians performing them, means it is important to understand the factors that build a good FCE.



First, you should have a qualified evaluator. There are various FCE protocols being performed and various types of clinicians performing them. Unfortunately, too many FCE protocols are being performed by unqualified evaluators who rely on computerized equipment to do the analysis rather than using clinical skills.



Second, the test should be safe and reliable. A FCE should never proceed past a point when it begins to cause or aggravate symptoms. However, symptoms reported by the patient must always be validated. A well designed FCE can do that.



Finally, symptoms and level of disability should be validated. A FCE is not worth the paper it is written on if the protocol does not have sufficient cross referencing to validate symptoms and disability. We are not addressing "sincerity of effort" as that implies conscious intent and FCEs are not lie detector tests. But we are referring to the ability to assess non-organic illness behavior that is usually characterized by disability and symptom magnification behavior.

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Dr. Bunch is founder and CEO of ISR Institute. He is a nationally renowned professional speaker, author and consultant on the topics of wellness, ergonomics, injury prevention and injury management.



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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
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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.