



# ISR Physical Therapy

FCE Tip December, 2015

By Richard W. Bunch, PhD, PT

## The Impact of Psychosocial Issues on FCEs

A well designed functional capacity evaluation (FCE) strives to answer two questions. What type of work can the individual do from a physical perspective and did they try during the evaluation? Psychosocial barriers are non-physical issues the individual has that are impacting their perception of their pain and/or disability. Psychosocial refers to social conditions and mental health. Does the individual not want to return to work because they are able to stay at home to care for young children while out on workers compensation? Is the individual addicted to pain medication? Do they feel they will become severely disabled if they do anything physical? Is there a settlement at the end of the process that is larger the more "disabled" they are? All of these are psychosocial issues that are impacting their performance. Physically they may have made an excellent recovery but now have other motives for not wanting to return to work. These motives can be conscious or unconscious.

Dr. Gordon Waddell, who published the Waddell signs, stated in further research that additional physical medical treatment will not resolve psychosocial issues. This is why it is imperative for a FCE to have many tests built in to determine if non-physical barriers (i.e. psychosocial issues) are impacting performance during the FCE and this must be clearly reported. This will allow the focus to change from treatment of the physical ailments to resolving the psychosocial issues surrounding the individual. ISR Physical Therapy utilizes the WorkSaver FCE which has 56 different cross references to detect these non-physical issues and they are reported in a clear and concise format to allow easy access to the information as well as clearly state if psychosocial issues are a factor.

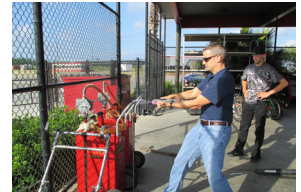
## LOCATIONS:

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## ABOUT OUR EVALUATORS:

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Richard W. Bunch PhD, PT, CBES  
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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.



Trevor D. Bardarson PT, OCS, CSCS  
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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  
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.