



# ISR Physical Therapy

FCE TIP OF THE MONTH

March, 2009

## What is a good FCE?

**QUALIFIED EVALUATOR:** Today, there are various FCE protocols being performed and various types of professionals 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.

**SAFE & RELIABLE:** A functional test 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.

**VALID:** A FCE is not worth the paper it is written on if the protocol does not have sufficient cross references to determine validity of symptoms and disability. We are not talking about assessing “sincerity of effort” as sincerity 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 characterized usually by disability and symptom magnification behaviors.

**Unnecessary medical tests and treatments are rendered when these behaviors are not identified and this is costing the United States billions each year.**

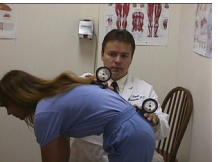
*Houma*  
478 Corporate Dr.  
Houma, LA 70360  
985-872-5911

*New Orleans*  
1516 River Oaks Rd. West  
Harahan, LA 70123  
504-733-2111



*"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.

