



ISR Physical Therapy

FCE TIP OF THE MONTH

November, 2009

Motivation and Validity of a FCE

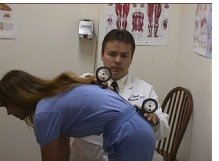
In legal cases, an attorney will occasionally ask if the FCE protocol has been validated. This is an open-ended question. Is the question of FCE validity pertaining to test methodology, the overall protocol design, symptoms, disability presentation, or the final interpretation?

To question the validity of a FCE is analogous to questioning the validity of any medical assessment. Methods used to assess signs of symptom and disability magnification behaviors are valid based on medical training and peer reviewed publications. A FCE does not address sincerity of effort. It is not a lie detector test. But a FCE does identify non-physiological symptoms or nonorganic illness behavior and inconsistent, submaximal efforts. The process of making an accurate work capacity estimate involves interpreting results of functional tests as they relate to a person's medical history and current clinical findings. These findings take into account strength aerobic capacities, balance, coordination and joint flexibility. Therefore, a skillfully conducted FCE is the most appropriate and valid method to accurately assess residual functional capacities for work. However, no medical evaluation measures a person's motivation to return to work. The absence of motivation and/or attempts to manipulate FCE results by a client for secondary gain is the biggest threat to validity for estimating successful return to work.

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

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

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www.isrphysicaltherapy.com



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 a nationally renowned professional speaker, author and consultant on the topics of wellness, ergonomics, injury prevention and injury management. (He is the author of the books, *Conversations in Health and Wellness* with Dr. John Gray Best Selling Author of *Men Are From Mars, Women Are From Venus*)



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.

