



ISR Physical Therapy

FCE Tip October, 2015

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Using the physical exam to design proper functional testing designs

Although some see FCEs as a standardized test simply observing a person's ability to perform functional tasks, an FCE is really a very detailed, extensive evaluation to allow the clinician to render an opinion regarding the patient's abilities. Although an FCE does have certain standard components, the evaluation is guided by many factors: past medical history/comorbidities, nature of injury, types of treatment, current health status, acuteness/severity of current symptoms and findings from the physical exam. Findings from the physical exam can guide how the clinician may proceed or avoid certain activities. For example, a patient with a severe hand injury resulting in significant loss of strength in that hand may need to avoid the assessment for ladder climbing for safety which may translate into a functional/occupational restriction. Conversely, a patient who sustained a low back injury, possibly even requiring surgery, may progress into medium or even heavy levels of lifting if the physical exam revealed no significant objective findings (ie, normal ROM, no neural tension signs, normal lower extremity strength, normal lumbar paraspinal tone, etc.).

LOCATIONS:

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

HOUMA EAST
814 Grand Caillou Rd. Ste 17
Houma, LA 70363
985-346-0383

NEW ORLEANS
1516 River Oaks Rd. West
Harahan, LA 70123
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