

Functional Capacity Evaluation (Partial Example)



Client Name: John Doe
Date of FCE: February 5-6, 2008

Therapist: William Landry, BScPT, BScH, MCPA, CAFCI

Referrer: XYZ Insurance Company



Family Physiotherapy Centre Of London

339 Wellington Road South, unit 240
London, ON N6C 4P8
(519) 439-6111
<http://www.fpclondon.com/>

NB This document contains a fictitious report and is presented for illustration only

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WorkWell FCE Test Results and Interpretation

The interpretation of WorkWell's standardized functional testing is based on assumptions including normal breaks, basic ergonomic conditions and that the tested functions are not required more than 2/3 of a normal working day. If a function is required continuously, job specific testing should be performed.

Client Name: Doe, John
Test Date: 02/05/2008
2nd Date of Testing: 02/06/2008

Interpretation of observed function regarding activity during a normal working day

Frequency	Weighted Activities Observed Effort Level	Position/Ambulation Quantitative + Qualitative Results	% of Workday
NEVER	Contraindicated	Not Possible	0%
RARELY	Maximum	Significant Limitation	1-5%
OCCASIONALLY	Heavy	Some Limitation	6-33%
FREQUENTLY	Low	Slight/No Limitation	34-66%
SELF LIMITED	Client stopped test; submaximum effort level		Submax percent

Lifting, Strength

Lifting, Strength (lbs)	Never	Rarely	Occasionally	Frequently	Limitations	Recommendations
Waist to Floor (11 in. from floor)		70	50	30	Decreased right upper strength and ROM limitations	
Waist To Head Level		45	35	25	Decreased right upper strength and ROM limitations	Limit lifting to below shoulder height.
Front Carry		70	55	45		
Right One handed Carry		55	45	30	Decrease right upper extremity strength	Limit carries to short distances of 25 ft. or less
Left Carry		55	45	30	None	None

Posture, Flexibility, Ambulation

Posture, Flexibility, Ambulation	Never	Significant Limitation	Some Limitation	Slight/No Limitation Noted	Limitations	Recommendations
Elevated Work (Weighted - 2# cuff on both wrists)				X	None	None
Elevated Work (Unweighted)				X	None	None
Forward Bending-Standing				X	None	None
Standing Work				X	None	None
Ladder - Two Hands				X	None	None
Walk - 6 Min Walk Test				X	None	None
Crouch				X	None	None

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Posture, Flexibility, Ambulation	Never	Significant Limitation	Some Limitation	Slight/No Limitation Noted	Limitations	Recommendations
Squatting				X	None	None
Gross Balance Testing				X	None	None
Sitting				X	None	None

Push-Pull (Static) Results

Push-Pull (Static lbs)	Max Force Generated (Average in pounds)				Limitations	Recommendations
Max Push Static	87				None	None
Max Pull Static	107				None	None
Push-Pull Static (lbs)	Rarely	Occasionally	Frequently	Continuously	Limitations	Recommendations
Push (both hands)	87	65.25	43.5	21.75	None	None
Pull (both hands)	107	80.25	53.5	26.75	None	None

(Numerous variables impact Push/Pull force including load, equipment, surface, etc. These forces do not represent the amount of weight that is moved.)

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Hand Function

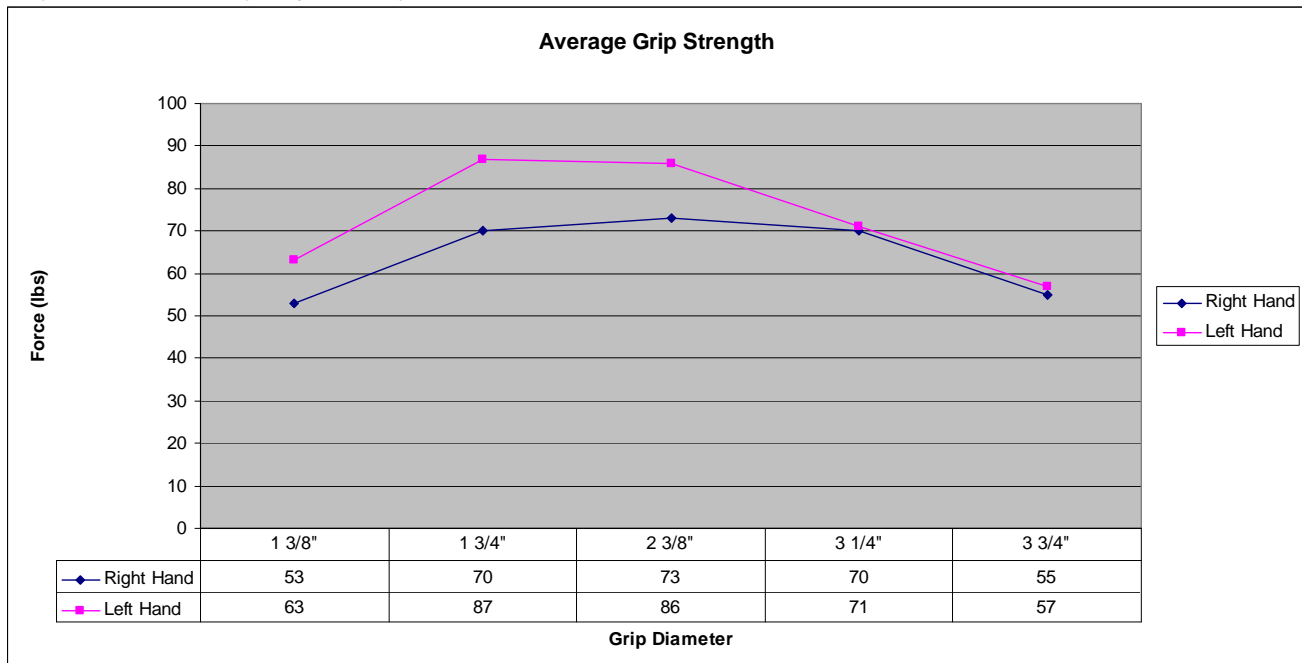
Hand/Finger Strength

Hand/Finger Strength (Max)	Force Generated (pounds)	Mean for Age/ Gender	Values for approx 2/3 of this age/ gender group		Limitation	Recommendations
Hand Grip Right 1 3/4" diameter	70	116.8	96 - 138		Weakness in right forearm, wrist	Wrist strengthening program.
Hand Grip Left 1 3/4" diameter	87	112.8	94 - 132		Weakness in left forearm, wrist	Wrist strengthening program
Gripping Hand 1 3/4" diameter (lbs of force)	Rarely	Occasionally	Frequently	Continuously	Limitations	Recommendations
Hand Grip Right 1 3/4" diameter	70	52.5	35	17.5	Weakness in right forearm, wrist	Wrist strengthening program.
Hand Grip Left 1 3/4" diameter	87	65.25	43.5	21.75	Weakness in left forearm, wrist	Wrist strengthening program

Modified Maximal Voluntary Effort

	Position 1		Position 2		Position 3		Position 4		Position 5	
	Diameter 1 3/8"		Diameter 1 3/4"		Diameter 2 3/8"		Diameter 3 1/4"		Diameter 3 3/4"	
	Circumference 4 1/8"		Circumference 5 1/8"		Circumference 6 1/8"		Circumference 7 1/8"		Circumference 8 1/8"	
Trial	Right	Left	Right	Left	Right	Left	Right	Left	Right	Left
1	50	60	70	86	76	83	71	76	55	56
2	54	62	72	88	70	85	75	71	52	60
3	56	68	68	86	74	90	65	65	59	55
Average	53	63	70	87	73	86	70	71	55	57

The strength test was administered over a range of 5 handgrip positions on the dynamometer. The diameter of each position is included above. It is expected that the results portray a bell shaped curve when maximum effort is exerted.



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Results by age / gender		
	Right	Left
Normative Mean	116.8	112.8
Standard Deviation	20.7	18.7

Intrinsic Hand Strength

Hand/Finger Strength	Force Generated (pounds)	Mean for Age/ Gender	Values for approx 2/3 of this age/ gender group	Limitation	Recommendations
Tip Pinch Right	13	17.8	14 - 22	Weakness of forearm, hand	Forearm, hand strengthening program
Tip Pinch Left	13	17.7	14 - 21	Weakness of forearm, hand	Forearm, hand strengthening program
Palmar Pinch Right	17.33	24.5	20 - 29	right weakness of forearm flexors	Forearm, hand strengthening program
Palmar Pinch Left	20.67	24.8	20 - 30	right weakness of forearm flexors	Forearm, hand strengthening program
Key Pinch / Lateral Pinch Right	22	25.6	23 - 28	Weakness of forearm, hand	Forearm, hand strengthening program
Key Pinch / Lateral Pinch Left	20.33	25.1	21 - 29	Weakness of forearm, hand	Forearm, hand strengthening program

Hand Coordination

Coordination	Standard Score	Rating	Limitations	Recommendations
Peg Board Dominant Hand	105	Above Average	None	None
Peg Board Non Dominant Hand	110	Above Average	None	None
Nuts and Bolts Dominant Hand	115	Above Average	None	None
Nuts and Bolts Non Dominant Hand	125	Above Average	None	None
Round Blocks Dominant Hand	110	Above Average	None	None
Round Blocks Non Dominant Hand	120	Above Average	None	None

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Outcome Measure Summary Report

OMPS Questionnaire	Total	Risk Assessment	
Results	147	Relatively high risk for developing long term problems.	
Fear Avoidance Beliefs Questionnaire (FABQ)	Total Fear Avoidance	Physical Activity Subscale	Work Subscale
Results	89/96	20/24	42/42
Oswestry Low Back Questionnaire	Total	Interpretation	
Results	30/50; 60%	Severe disability	
Roland Morris Low Back	Total	Percentage	
Results	17/24	71% - Higher the number, higher the disability	
Neck Disability Questionnaire	Total	Interpretation	
Results	25/50; 50%	Severe disability	
Quick DASH Score	Total		
Symptom Score	84/100 – higher the score, the higher the disability		
Quad Visual Analogue Scale	Total		
Pain on January 31, 2008	8/10		
Average Pain	8/10		
Pain at it Best level	5/10		
Pain at its Worst level	10/10		
Comments by client	None		
Spinal Function Sort – Rating of perceived capacity	Total	Risk Assessment	
Results	RPC Score – 62/200 Percentile placed -> 15th for unemployed males; below the 5th for employed healthy males.	Mr. Doe's Perceived Capacity using the Spinal Function Sort Outcome measure placed him well below the physical demand level of sedentary (score of 100-110). Reliability check resulted in a reliable score.	

Spinal Functional Sort – Percentile Rankings for Mr. Doe

SFS Rating of Perceived Capacity Score	Percentile Rankings	
	Normal Males	Disabled Males
62/200	Below 5th	15th
Lower Range of Normal	148	59

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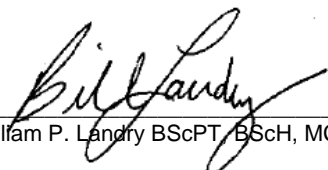
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Median	191	113
Upper Range of Normal	198	153

Matheson, L., Matheson, M., & Grant, J. (1993). Development of a measure of perceived functional ability. *Journal of Occupational Rehabilitation*, 3(1), 15-30.

The Spinal Function Sort (SFS) was administered to Mr. Doe during testing of Day 1. We had the client perform the testing while standing in order to observe his standing tolerance while be distracted with another activity (Spinal Function Sort). The SFS is a pen and paper test utilized to determine an individual's perception of their current physical capacity. The SFS involves asking the participant to view a pictorial illustration of a functional task, and to make a determination as to their perceived capacity to complete such a task. The functional illustrations range in physical complexity from exerting light to very heavy exertion.

Signature 
William P. Landry BScPT, BScH, MCPA, CAFCI

Date: Thursday, February 5, 2008