



# ISR Physical Therapy

FCE TIP OF THE MONTH

August, 2009

## Did they really try?

A good FCE strives to answer two questions:

- 1.) What is the individual's estimated physical ability as it relates to their return to the workforce?
- 2.) Did they try during the FCE process?

Obviously if the patient completes the FCE but does not give good effort (exaggerates their disability) they will appear to be more disabled than they actually are. An individual could simply do as little as possible during the process and appear to be severely disabled when in fact they simply did not put forth a reasonable effort.

It is very important that the FCE process includes **validity testing and cross referencing** to determine if an individual is putting forth a good effort during the FCE process. Having the validity checks will allow identification of those individuals who are trying to exaggerate their disability. Many reasons exist for patients to perform in this manner. They include secondary gain issues, fear of re-injury, attention seeking, improper understanding of their medical condition, drug seeking, etc. **When ordering or interpreting an FCE it is very important to ascertain if the protocol used includes validity testing.** The WorkSaver protocol used at ISR Physical Therapy includes over 56 different cross references as it relates to determining validity of effort. This assists us in having confidence in our estimation of an individual's physical capacity as it relates to the workforce.

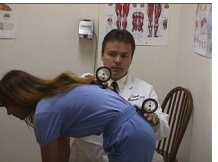
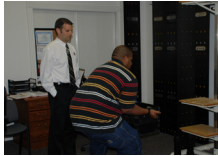
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*"No Excuses. Just Results!"*

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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 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.

