



ISR Physical Therapy

FCE TIP OF THE MONTH

MAY, 2009

Improve Outcomes with Pre-FCE Training

Functional Capacity Evaluations (FCEs) are typically performed on individuals after a lengthy period of injury or illness. During this time the individual is typically very sedentary with very little physical activity. As a result they become very deconditioned and out of shape.

An FCE is a systematic battery of tests that seeks to answer two very important questions;

1.) What is their physical capacity for working? 2.) Did they give a good effort during the FCE?

Obviously if an individual does not give good effort during an FCE they may look more disabled than they actually are. Conversely, if an individual is very out of shape prior to the FCE they may give a good effort but only demonstrate a very limited physical ability. This level of deconditioning may not be related to the injury in question but may actually be the result of their inactivity.

A solution would be to have the individual attend a structured work conditioning program prior to completing the FCE. The program should include a general conditioning program based on the needs of the individual as well as job specific tasks such as climbing ladders, lifting, carrying, pushing, pulling and other activities.

The end result of this program could be the difference between an individual who is released to sedentary or light work without the work conditioning program to one who is released to medium duty work and above. Obviously the higher physical demand level achieved will aid in returning the person back to the work force in an expedient manner.

If you would like more information on work conditioning or functional capacity evaluations don't hesitate to contact our office.

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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.

