



ISR Physical Therapy

FCE TIP OF THE MONTH
March, 2010

Improve Outcomes with Pre-FCE Training

A Functional Capacity Evaluation (FCE) is a systematic battery of tests that seeks to accurately estimate physical capacity for work. A FCE is typically performed on an individual after a lengthy period of injury or illness during which time he/she has become deconditioned from being sedentary. The effects of prolonged inactivity can significantly weaken the body and result in a person appearing more disabled than they actually are during a FCE. In other words, the degree of disability may be partially or largely attributable to the temporary effects of physical inactivity during recovery rather than being directly related to any residual effects of the injury or illness. To compensate for the temporary loss of physical capacities due to inactivity that may adversely affect the FCE outcome, a solution would be to have the individual attend a pre-FCE structured work conditioning program. This program would include a general conditioning program based on the specific needs of the individual as well as the specific tasks of the job such as climbing ladders, lifting, carrying, etc.

The desired outcome of a pre-FCE conditioning program would be a reduction of fear and anxiety about testing, improved physical and work performance, and improved validity and reliability of the estimation of residual functional capacities for return to work.

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!"

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.

