



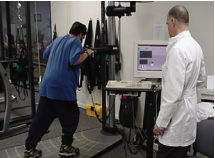
# ISR Physical Therapy

FCE TIP OF THE MONTH  
*November, 2010*



## How to ensure a safe FCE?

A well designed FCE has exclusionary and performance guidelines and procedural rules that must be followed to minimize risk of injury. Determination of the patient's maximum safe and dependable performance level is a professional judgment made by the evaluator based on the patient's performance during the evaluation. Safety guidelines should include psychophysical limitations, cardiovascular limitations (heart rate and blood pressure responses), biomechanical limitations and limitations related to symptom aggravation or provocation. Medical physicians should always indicate any special precautions for patients undergoing a FCE when referring a patient to a FCE.



Also, in order to ensure patient safety, a detailed review of the medical record is required. Copies of the medical record should be provided prior to the patient undergoing FCE testing. When the medical record is limited or absent the FCE evaluator is relying solely on the patient's verbal report and recollection of their past medical history and procedures. This can be problematic if the patient is a poor historian or may exaggerate the medical procedures they have undergone (i.e. patient reports "I had 3 back surgeries", when in reality they had a 2 level discectomy (single procedure) and then a blood patch due to a CSF leak). The medical record assists the FCE evaluator in fully understanding the patient's medical condition, provides objective data that can be correlated with the patient's subjective reports and assists the evaluator in testing the patient in a safe but effective manner to determine their true physical ability and if symptom or disability magnification behavior is present.



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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 founder and CEO of ISR Institute. He is a nationally renowned professional speaker, author and consultant on the topics of wellness, ergonomics, injury prevention and injury management.



***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.