

# FUNCTIONAL CAPACITY EVALUATIONS



By:  
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## Definition (APTA)

- Functional Capacity Evaluation (FCE) is a specialized test that evaluates an injured worker's physical, functional, behavioral and work-specific abilities for the *overall purpose of determining return to work readiness*



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## Validity Testing Criteria for FCEs

- FCEs are often used in case closure and legal disputes
- In order for an FCE to be effective, it must include data that is reliable and valid



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## FCE Equipment /Testing for Effort

- Jamar
- Pinch
- Chatillon Guage
- Goniometers
- Distractive Testing
- Sensory Testing
- Heart Rate



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## Waddell's Test (low back)

- The Waddell's Questionnaire/Test consists of 5 objective categories:
  - Tenderness
  - Simulation
  - Distraction
  - Regional disturbances
  - Overreaction
- Score of 3 or more categories as positive indicate findings are significant for non-organic low back pain.



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## Symptom Magnification during FCE's



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- 48 Days
- Red Dots
- Low Grade Fever
- Tourniquets
- Hickies

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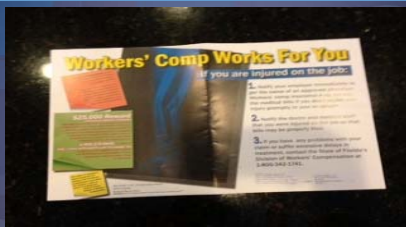
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### Technical Definition:

“A conscious or unconscious self-destructive socially reinforced behavioral response pattern consisting of reports or displays of symptoms, which function to control the life circumstances of the sufferer” (Matheson 1988).

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## Conscious vs. Unconscious

### Conscious:

- Monday Morning claim
- Planned time off
  - Hunting/fishing season
  - Baby coming
- Extras: Hope for nuisance claim
- Really planned: Insurance

### Unconscious:

- Attention: Family, neighbors, church groups
- Web sites: Fibromyalgia
- Healthcare workers: NCM, therapy
- Adjusters: Love/Hate relationship
- Attorney

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## Self Destructive

- Drugs
- Limp
- Steven- Case Study

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## Socially Reinforced

- Readers Digest
- Spouse
- Parent
- Kids
- Neighbors
- Healthcare Workers



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## Symptom Magnification from Day 1

- Employers can set the tone!
- Supervisors are busy
- Policy and Procedure
- Co-workers
- Attorneys and ER visits
- Don't get them mad!!!

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## *Day 1: Good Doctors*

- Occupational Medicine
- Avoid Family Doctors
- Customer
- Menus
- Spine Cases: (no tx)
  - - 50% better in 1 week
  - - 90% in 4 weeks

**Roll the Dice... not in WC!!**

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### 3 Group Satisfaction/Outcome Study

\*Same Dr/Facility/Assessment/All return to work

Group 1- Nothing

Group 2-



Group 3-



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### Fourth Group



**“WE WANT TESTING!!!!”**

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- 50% Bulge
- 25% Herniation
- No Remission

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Mac Daddy Doctor  
Free Stuff



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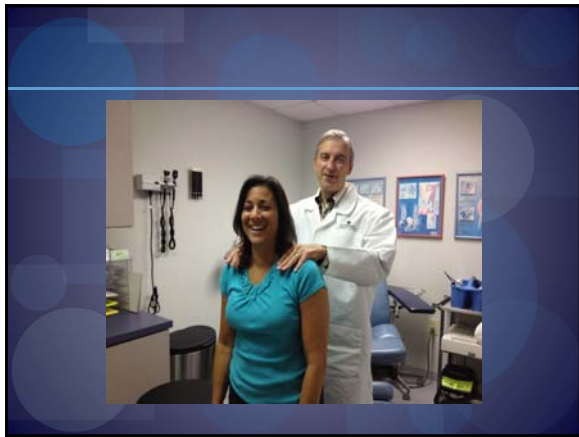
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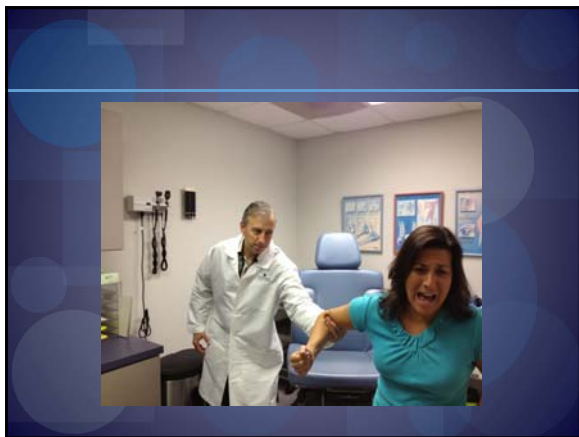
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## Three types of Symptom Magnifiers

Type 1: The Refugee

- Escape
- Divorce
- Nursing Home

Type 2: The Game Player

- ss
- Nice: Walmart/Ring Power

Type 3: The Identified Patient

- Never going to settle
- Speed Dial
- Fresh Blood
- Guitar/Lessons
- Computer Program

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# THANK YOU!!!!!!!!!!!!!!

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