

## Functional Capacity Evaluation V 2.0 (FCE)

### About this course

**Faculty:** Cameron, Caron, Daley, Dunlap, Mikalsky, Peterson, Webber, Yeager [Faculty Bios](#)

**Intended Audience:** Must be Physical Therapist, Occupational Therapist, Registered/Certified Kinesiologist (Canada)

[Additional course information](#)

**Program Level (AOTA):** Introductory

**Prerequisites:** Participants are encouraged to read selected materials from the WorkWell FCE Copyright Manual (via the WorkWell Provider Learning Center) prior to attending the training. No test upon entry to the training. Individuals must be from sites with a WorkWell licensing agreement

**Delivery:** Live, In-Person

**Student Ratio:** 10:1

### General Teaching Method Overview:

Lecture, Lab/Experiential Exercises, Group Activities, Post-test

**Informed Consent:** Required

**Duration:** 2 days, 16 contact hours

**Completion Requirements:** Attend all course sessions, class participation/engagement in learning activities, obtain passing score of 80% or higher on post test, no major faults in skills monitoring, and completion of course evaluation.

**CEU Credit:** Approved by Michigan APTA for 16 CEUs. CEU Locker # 141391

WorkWell's Functional Capacity Evaluation (FCE) is a comprehensive functional test designed to objectively measure the maximum safe functional abilities of a client across a broad range of tasks in an effort to describe worker abilities and generate recommendations for return to work (and activities of daily living). The FCE is used to assist in workers compensation cases, fit for duty testing, transitional duty or return to work placement, and disability determination cases.

This 2-day training is designed to develop physical and occupational therapists knowledge and skills related to performance of the WorkWell FCE. Participants will be introduced to standardized performance based testing protocols for functional activities such as lifting/carrying, walking, sitting, standing, bending, overhead reach, push/pull, ladder climb, kneel/crawl, crouch, hand coordination, etc. Development of customized protocols for job specific testing, medical-legal and referrer requested testing is presented, as well as administrative considerations of test delivery. Hands on lab sessions, documentation templates and group discussion are a large component of the training with focus on objective scoring definitions and observation skills (including muscle function, movement patterns, physiological changes, safety, worker behavior and integrated consistency checks). Client presentation and test results are used for report writing to develop treatment and return to work recommendations.



### Learning Objectives:

At the completion of the course, participants will be able to

1. Describe the role of functional/performance based testing for injured workers in clinical rehabilitation, vocational placement and benefits determination.
2. Differentiate test control strategies used to determine maximal safe effort in psychophysical and kinesiophysical FCE test approaches.
3. Describe two clinical policy and procedure considerations relevant to administration of FCEs in relation to referral acceptance, physician restrictions, patient safety, and report dissemination.
4. Determine the appropriateness of one day, two day, job related, or diagnostic related functional testing options based on case information.
5. Discriminate among low, heavy, and maximum physiologic indicators while observing client functional task performance using observational criteria including muscle recruitment, physiologic response, safety and movement patterns.
6. Analyze client test performance, documenting observations using data templates.
7. Independently perform FCE subtests based on client presentation.
8. Reflect on test delivery methods regarding eye-contact, body orientation, communication methods and guarding/safety technique to minimize the potential impact of therapist fear avoidance beliefs on test results.
9. Present FCE results using a reporting grid format and information from a case example.
10. Independently write an FCE summary report based on a case example including work related prognosis and recommendations using a semi-structured report template.
11. Customize sub test delivery for 2 case examples considering specific elements such as referrer goals, client presentation and job demands.
12. Discuss factors influencing reporting through review of case reports- including variability in biopsychosocial and medical presentation or medical-legal considerations.

### Agenda/Outline:

#### DAY 1

|              |   |
|--------------|---|
| 8:00 - 8:15  | Introductions<br>Orientation- Disclosure, facilities review and safety considerations   |
| 8:15 - 9:30  | FCE Learning Objectives<br>FCE Testing Overview<br>Kinesiophysical and Psychophysical Considerations<br>Standardized Test Protocol Overview<br>Testing and Scheduling Options |
| 9:30 - 9:40  | Break   |
| 9:40 - 12:00 | Facility Policies and Procedures<br>Client History and Physical Examination<br>Self-Report Instruments  |

|               |   |
|---------------|---|
|               | Grip and Coordination Screens   |
| 12:00 – 12:30 | Lunch Break   |
| 12:30 – 1:30  | FCE Lab with Volunteer Subject<br>Review of Indicators of Physiologic Effort<br>Kinesiophysical Assessment and Observation Rubric<br>Overview of data collection work book  |
| 1:30 - 2:30   | FCE Lab with Volunteer Subject<br>Standardized Subtest Protocols<br>Lifting/Carrying<br>Ambulation and Access Subtests (walking)<br>Positional Subtests   |
| 2:30 - 2:40   | Break   |
| 2:40 - 4:30   | FCE Lab with Volunteer Subject<br>Standardized Subtest Protocols<br>Positional Subtests (continued)<br>Ambulation and Access Subtests (stairs, ladder, crawl)<br>Adapting Standardized Protocols based on worker presentation |
| 4:30 - 5:00   | Review/Quiz   |

## DAY 2

|               |  |
|---------------|--|
| 8:00 - 10:00  | Review of Day 1/Questions<br>Small Group Lab- Lift Subtests<br>Job Specific Testing<br>Positioning Tests based on Group Goals  |
| 10:00 - 10:10 | Break  |
| 10:10 - 12:00 | Customizing FCE testing and "Short FCEs"<br>Area Specific Subtests/ Hand Related Forms Review<br>Job Related Test Development Forms Review<br>Group Activity - Data Transfer and Presentation using FCE Grid<br>Consistency Checks   |
| 12:00 - 12:30 | Lunch Break  |
| 12:30 - 3:15  | Overview of Report Writing and Review of Reporting Template<br>Overview of Job Matching Tools/Methods<br>Group Activity- Summary Report Completion<br>Review of Testing Process and Preparing for Implementation<br>Test Reporting for Individuals with Self Limited Performance<br>Review Sample Reports in Training Handbook |
| 3:15 - 3:30   | Break  |
| 3:30 - 4:30   | Final Exam/Review  |

|             |  |
|-------------|--|
| 4:30 - 5:00 | Special Topics (coverage dependent on participant goals and time available)<br>FCE Marketing<br>Considerations Related to Medical / Legal FCEs<br>Internet Report Introduction |
|-------------|--|

**Equipment Needed for Implementation:** Timer, heart rate monitor, lift equipment (container, shelving, weight/s), carry container/toolbox, force gauge, hand/pinch dynamometer, steps, ladder, hand coordination test equipment, table, chair, specialty hand equipment (sensation, temperature, etc. based on commonly treated populations). Source of materials is based on client choice.