
Evaluation Summary - Functional Capacity Evaluation

Date of Evaluation: 11/02/1998

Patient Name: Patient, Sample

Patient Number: 123-45-6789

Lifting:

The subject's occupation as a Loader requires constant Lifting. The patient demonstrated the ability to lift 40 pounds frequently.

Standing:

The subject's occupation as a Loader requires constant Standing. The subject demonstrated the ability to stand frequently.

Walking:

The subject's occupation as a Loader requires frequent Walking. The subject demonstrated the ability to walk frequently.

Sitting:

The subject's occupation as a Loader never requires Sitting. The subject demonstrated the ability to sit frequently.

Carrying:

The subject's occupation as a Loader requires constant Carrying. The subject demonstrated the ability to carry occasionally.

Pushing:

The subject's occupation as a Loader requires frequent Pushing. The subject demonstrated the ability to push 40 pounds frequently.

Pulling:

The subject's occupation as a Loader requires frequent Pulling. The subject demonstrated the ability to pull 30 pounds frequently.

Climbing:

The subject's occupation as a Loader requires occasional Climbing. The subject demonstrated the ability to climb occasionally.

Balancing:

The subject's occupation as a Loader requires occasional Balancing. The subject demonstrated the ability to balance frequently.

Stooping:

The subject's occupation as a Loader requires occasional Stooping. The subject demonstrated the ability to stoop occasionally.

Kneeling:

The subject's occupation as a Loader requires occasional Kneeling. The subject demonstrated the ability to kneel occasionally.

Crouching:

The subject's occupation as a Loader requires occasional Crouching. The subject demonstrated the ability to crouch occasionally.

Crawling

The subject's occupation as a Loader never requires Crawling. The subject demonstrated the ability to crawl occasionally.

Reaching:

The subject's occupation as a Loader requires frequent Reaching. The subject demonstrated the ability to reach frequently.

Handling:

The subject's occupation as a Loader requires frequent Handling. The subject demonstrated the ability to handle frequently.

Feeling:

The subject's occupation as a Loader never requires Feeling. The subject displayed sensory deficits in the Right Lower Extremity

Physical Demand Level:

	Sedentary	Sed/Light	Light	Light/Med	Medium	Med/Heavy	Heavy	Very Heavy
Occasional	10 lbs	15 lbs	20 lbs	35 lbs	50 lbs	75 lbs	100 lbs	>100 lbs
Frequent		8 lbs	10 lbs	15 lbs	25 lbs	35 lbs	50 lbs	>50 lbs
Constant				6 lbs	10 lbs	15 lbs	20 lbs	>20 lbs
	sit	sit/stand	stand/walk	stand/walk	stand/walk	stand/walk	stand/walk	stand/walk
METS	1.5	2.0	2.5	3.0	3.5	4.5	6.0	7.5 - 12.0

The subject's occupation requires performance at the Heavy physical demand level (grayed column). Throughout testing, the subject demonstrated the ability to perform at the Med/Heavy physical demand level (highlighted column).

Recommendations:

Mr. Patient did not demonstrate the functional capacity required to resume his duties as a package loader. Mr. Patient demonstrated the ability to perform at a Medium/Heavy Physical Demand Level with some mobility limitations. Mr. Patient has demonstrated the ability to perform work duties that are limited to frequently lifting no more than 35 pounds.

John Smith, P.T.

General Information:

Date of Evaluation: 11/02/1998

Patient Name: Patient, Sample

Patient Number: 123-45-6789

Address:

123 Main Street

Anywhere, USA 12345

Home Phone: 555-555-1212

Work Phone: 555-555-1213

Birth Date: 5/6/63

Sex: Male

Height: 177.0 cm

Weight: 81.0 kg

Other Patient Information:

John Smith, P.T.

Employer Information

United Shipping

1313 Industrial Way

Anywhere, USA 12345

Job Title: Package Loader

Department: Loading

Phone Number: 555-555-1122

Contact: Joe McCormick

Insurance Information

Anystate Insurance Company

1515 Bigclaim Way

Wilmington, DE 12321

Account Number: 1414AB45

Claim Number: 12343432-E-2343

Phone Number: 555-555-9876

Contact: Mary Smith

Diagnosis

722.10 Displacement of lumbar intervertebral disc without myelopathy

847.2 Lumbar sprain and strain

953.20 Lumbar nerve root injury

Symptoms/Complaints

Primary symptoms/complaints:

Low back pain and pain radiating down the back of his right leg

Symptoms are aggravated by:

Bending, Lifting, Prolonged standing, and Prolonged sitting

Symptoms as relieved by:

Rest, Ice, and Medication

Job Evaluation

Occupation: Loader

Mr. Patient loads trucks from a conveyor.

Physical Demands of Work:

Lifting - Constantly (67-100% of workday)

Standing - Constantly (67-100% of workday)

Walking - Frequently (34-66% of workday)

Sitting - Never (0% of workday)

Carrying - Constantly (67-100% of workday)

Pushing - Frequently (34-66% of workday)

Pulling - Frequently (34-66% of workday)

Climbing - Occasionally (1-33% of workday)

Balancing - Occasionally (1-33% of workday)

Stooping - Occasionally (1-33% of workday)

Kneeling - Occasionally (1-33% of workday)

Crouching - Occasionally (1-33% of workday)

Crawling - Never (0% of workday)

Reaching - Frequently (34-66% of workday)

Handling - Frequently (34-66% of workday)

Fingering - Never (0% of workday)

Feeling - Never (0% of workday)

Talking - Never (0% of workday)

Hearing - Never (0% of workday)

Seeing - Occasionally (1-33% of workday)

Physical Demand Classification: Heavy

The Ransford Pain Drawing

The pain drawing is scored using the following penalty point system. Two points is generally considered the upper limit of normality. Scores greater than two could indicate poor psychometrics.

The following indicators were present on the subject's pain drawing (point value):

- Lateral whole leg pain (trochanteric/lateral thigh allowed). (2)

Total Score = 2 points

Ransford RO, Cairns D, Moony V., The Pain Drawing as an Aid to the Psychologic Evaluation of Patients with Low-Back Pain., Spine, 1(2): June 1976.

The McGill Pain Questionnaire

The following is the scoring summary for the McGill Pain Questionnaire. The Pain Rating Index (PRI) is the score based on the rank value of each word chosen. The NWC is the total number of words chosen. Total PRI(R) scores above 30 tend to indicate exaggeration of symptoms, but there is no current research to show an exact cut off point.

Scores for entire questionnaire:

- PRI = 9
- NWC = 6

Scores for the Sensory word groups (1-10):

- PRI = 7
- NWC = 4

Scores for the Affective word groups (11-15):

- PRI = 1
- NWC = 1

Scores for the Evaluative word group (16):

- PRI = 0
- NWC = 0

Scores for the Miscellaneous word groups (17-20):

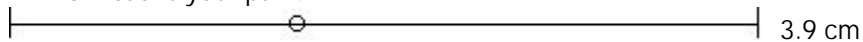
- PRI = 1
- NWC = 1

Melzack R., The McGill Pain Questionnaire: Major Properties and Scoring Methods., Pain; 1: 1975.

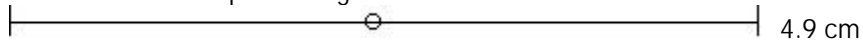
Million Visual Analog Scale

Total scores above 90 are considered high. 0-44 is low and 45-89 is equivocal.

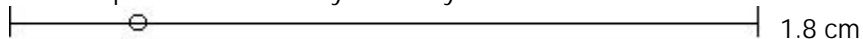
1. How bad is your pain?



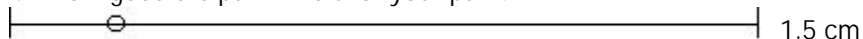
2. How bad is the pain at night?



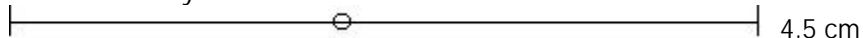
3. Does pain interfere with your lifestyle?

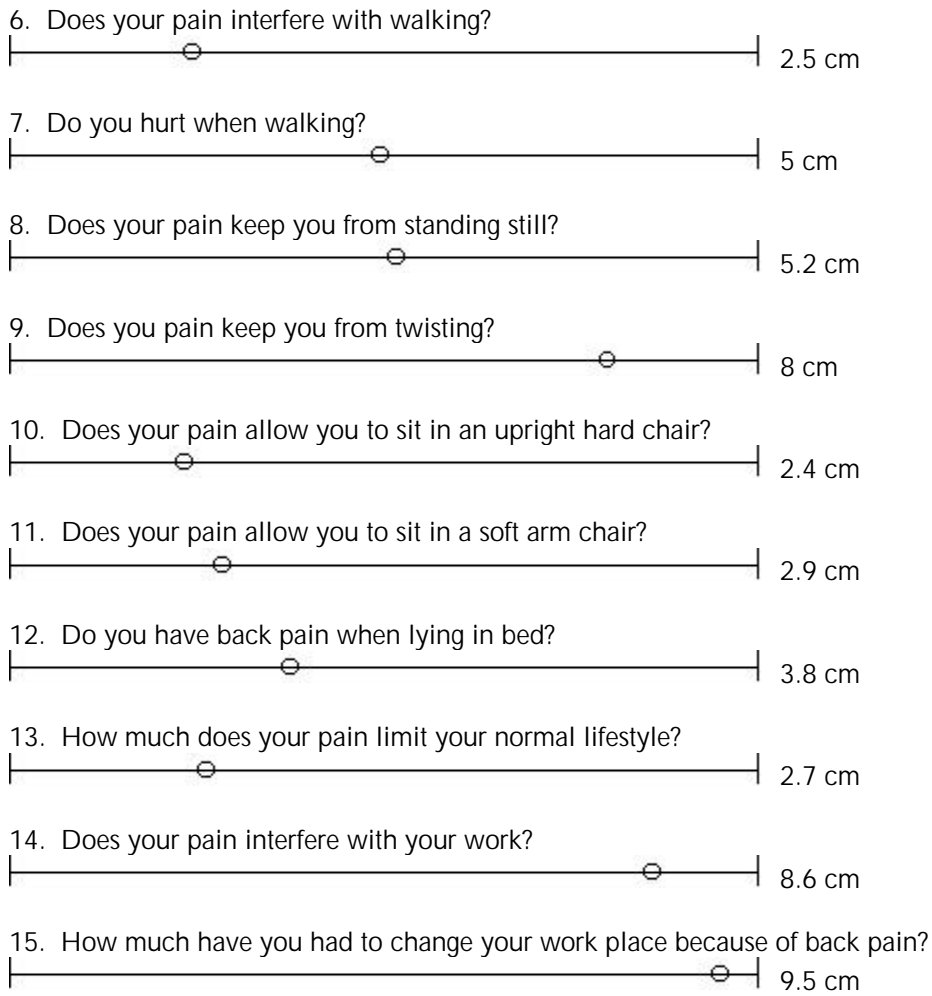


4. How good are pain killers for your pain?



5. How stiff is your back?





Total Score = 67.2

Million, Haavik, Jayson., Million Visual Analog Scale., Industrial Rehabilitation, 1990.

Posture Analysis

The following Postural Deviations were noted:

- Forward head
- Rounded and protracted shoulders
- Right iliac crest higher than Left

Gait Analysis

The following Gait Abnormalities were noted:

- Stiff Gait

Balance Analysis

No significant deviations were exhibited

Lower Extremity Range of Motion

MOTION	LEFT	NORM	DIFF	RIGHT	NORM	DIFF
Hip Flexion	80	100	20%	95	100	5%
Hip Flexion Contracture	0	0	0 °	0	0	0°

AMA Guides to the Evaluation of Permanent Impairment, 4th Edition., 1994.

Upper Extremity Range of Motion

All motions were observed to be normal.

AMA Guides to the Evaluation of Permanent Impairment, 4th Edition., 1994.

Digit Range of Motion

All motions were observed to be normal.

AMA Guides to the Evaluation of Permanent Impairment, 4th Edition., 1994.

Spine Range of Motion

MOTION	DEGS	NORM	DIFF
Lumbar Flexion	45	60	25%
Lumbar Extension	28	25	0 %
Right Lateral Flexion	18	25	28%
Left Lateral Flexion	24	25	4%

AMA Guides to the Evaluation of Permanent Impairment, 4th Edition., 1994.

Sensory Function

Sensory function was observed to be normal in the Right Upper Extremity, Left Upper Extremity and Left Lower Extremity.

The following sensory deficits were noted:

Decreased sensory function in the Posterior Femoral Cutaneous (S1, S3).

Static Lifting

All trials recorded in pounds of force.

	Trial 1	Trial 2	Trial 3	AVG	CV	PERC
Arm Lift:	95	90	90	91.7	3.1%	50th
High Far Lift:	40	45	40	41.7	6.9%	10th
High Near Lift:	60	65	70	65.0	7.7%	10th
Torso Lift:	65	80	70	71.7	10.7%	10th
Leg Lift:	160	180	175	171.7	6.1%	25th
Floor Lift:	170	160	160	163.3	3.5%	25th

AVG = Average of Trials

CV = Coefficient of Variation (relative dispersion of trials).

PERC = Percentile performance rank.

US Dept. of Health and Human Services (NIOSH), Work Practices Guide for Manual Lifting., March 1981.

Pushing Analysis (dynamic)

Pushing course length = 25 feet.

	Weight	Force	RPE	HR
Trial 1:	40	20	11	90
Trial 2:	50	30	13	100
Trial 3:	60	40	14	120
Trial 4:	70	50	17	134

Testing End Point: Psychometric

Maximum Safe Pushing Force: 40 pounds

Pulling Analysis (dynamic)

Pulling course length = 25 feet.

	Weight	Force	RPE	HR
Trial 1:	40	20	11	95
Trial 2:	50	30	13	108
Trial 3:	60	40	15	125

Testing End Point: Biomechanical

Maximum Safe Pulling Force: 30 pounds

PILE (dynamic) Lift 1

Lifting from 0 to 30 inches.

	Box	Load	RPE	HR
Trial 1:	5	10	10	90
Trial 2:	5	20	12	105
Trial 3:	5	30	13	110
Trial 4:	5	40	15	128
Trial 5:	5	50	17	135

Testing End Point: Psychometric

Maximum Safe Lifting Weight: 45 pounds

Mayer TG, et al., Progressive Isoinertial Lifting Evaluation., February 1988.

PILE (dynamic) Lift 2

Lifting from 30 to 54 inches.

	Box	Load	RPE	HR
Trial 1:	5	10	10	95
Trial 2:	5	20	12	110
Trial 3:	5	30	14	125
Trial 4:	5	40	16	135

Testing End Point: Psychometric

Maximum Safe Lifting Weight: 35 pounds

Mayer TG, et al., Progressive Isoinertial Lifting Evaluation., February 1988.

Hand Strength

Dominant Hand = Right

Hand Grip Strength:

	Trial 1	Trial 2	Trial 3	Average	CV	SLI
Right Hand:	47 kg	47 kg	44 kg	46.0	3.8%	3.4%
Left Hand:	43 kg	45 kg	45 kg	44.3	2.6%	1.6%

Lateral Pinch Strength:

	Trial 1	Trial 2	Trial 3	Average	CV	SLI
Right Hand:	12 kg	13 kg	12 kg	12.3	4.7%	0.0%
Left Hand:	11 kg	10 kg	11 kg	10.7	5.4%	0.0%

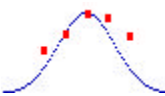
Chuck Pinch Strength:

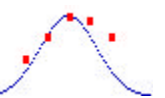
	Trial 1	Trial 2	Trial 3	Average	CV	SLI
Right Hand:	14 kg	13 kg	12 kg	13.0	7.7%	0.0%
Left Hand:	11 kg	12 kg	11 kg	11.3	5.1%	0.0%

Pulp Pinch Strength:

	Index(SLI)	Middle(SLI)	Ring(SLI)	Little(SLI)
Right Hand:	5 kg (5.7%)	7 kg (0.0%)	4 kg (0.0%)	3 kg (0.0%)
Right Hand:	5 kg (0.0%)	6 kg (0.0%)	4 kg (0.0%)	2 kg (9.1%)

Validity Testing:

Right Hand:  is a valid test.

Left Hand:  is a valid test.

CV = Coefficient of Variation (relative dispersion of trials).

SLI = Strength Loss Index (percent below the norm).

Swanson AB, Mateb IB, de Groot G., The Strength of the Hand., Bull Prosth Res., Fall 1970.

Sitting, Standing and Walking Tolerance

Sitting Tolerance:

The subject demonstrated the ability to sit for 45 minutes.

The patient appeared comfortable while sitting and completing paperwork.

Standing Tolerance:

The subject demonstrated the ability to stand for 45 minutes.

The patient didn't appear to have any problem standing for extended periods during the testing procedures.

Gross Mobility

The subject's gross mobility performance was tested on the following motion(s):

Walking:

Subject walks to the end of the movement course (25 feet), turns and returns.

The subject's performance rated as: No Restrictions

Carrying:

Subject picks up weighted box, carries to the end of the movement course (25 feet), turns and returns.

The subject's performance rated as: Restricted

Climbing:

Subject climbs and descends the first three steps of a step ladder (for one minute).

The subject's performance rated as: Restricted

Balancing:

Subject Heel-Toe walks to the end of the movement course (25 feet), turns and returns.

The subject's performance rated as: No Restrictions

Stooping:

Subject stoops, performs a task (1 minute) and returns to standing position.

The subject's performance rated as: Restricted

Kneeling:

Subject kneels, performs a task (1 minute) and returns to standing position.

The subject's performance rated as: Restricted

Crouching:

Subject Crouches, performs a task (1 minute) and returns to standing position.

The subject's performance rated as: Restricted

Crawling:

Subject crawls to the end of the movement course (25 feet), turns and returns.

The subject's performance rated as: Restricted

Reaching:

While seated at a table, subject reaches for several objects placed on different areas of the table for approximately 1 minute.

The subject's performance rated as: No Restrictions

Handling:

Subject picks up an objects at each end of the movement course (25 feet) and carries it to the opposite end where a different object is picked up and returned to the other end (repeated for 4 objects of various sizes and shape).

The subject's performance rated as: No Restrictions

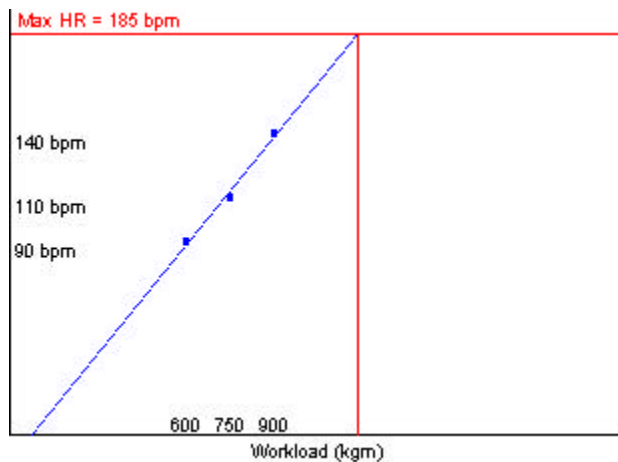
YMCA Cycle Ergometer Test

After 3 minutes of pedaling at 50 rpm with a workload of 150 kgm (25 watts), the subject's heart rate was 80 - 89 beats per minute. This heart rate response was used to determine the following workloads:

Stage 1: 600 kgm (100 Watts)

Stage 2: 750 kgm (125 Watts)

Stage 3: 900 kgm (150 Watts)



Based on the subject's heart rate response to 3 submaximal workloads, the subject's maximum aerobic capacity has been estimated at 2656.2 ml of oxygen per minute. This equates to 32.79 ml/kg/min, or 9.4 METS.

Golding LA, Myers CR, Sinning WE: Y's Way to Physical Fitness, 3rd Ed. Champaign, IL: Human Kinetics Publishers, 1989.