

## Service Description: Upper Extremity Functional Capacity Evaluation

### Functional Capacity Evaluation:

A Functional Capacity Evaluation (FCE) is an objective assessment of an individual's ability to perform work and their physical tolerances for a variety of work activities.

### The Upper Extremity FCE includes:

- ✓ Four-hours of clinical assessment
- ✓ Musculoskeletal assessment with a Physiotherapist
- ✓ Functional capacity testing with an Occupational Therapist
- ✓ Testing specific to the upper extremity including: range of motion, strength, sensation, hand and arm coordination, lifting, carrying, pushing, pulling, reaching, and work specific testing (such a tool use, keyboarding)
- ✓ Objective and standardized test procedures to ensure reliability and safety
- ✓ Measures of test validity and a systemized approach to determine of whether maximal and consistent effort was obtained
- ✓ A comprehensive report outlining abilities and limitations, overall work capacity, specific work tolerances, answers to the referral question(s), and recommendations

**Upper Extremity FCE Fee: \$1000**

### When to consider the Upper Extremity FCE:

- There is an injury or condition affecting specifically the upper extremity
- Whole body capacity testing is not required
- You would like a detailed assessment of upper extremity function related to work readiness
- You would like to determine an individual's ability to perform specific demands of a job, or of an occupational classification
- You require information to help move forward with return to work or rehabilitation planning



## **FCE's at Work-Able Solutions:**

- We utilize a multidisciplinary approach (occupational therapy and physiotherapy), which increases the range of specialized assessment skills applied during the FCE
- Our therapists have over 15 years of experience, have specialized training and certification in functional capacity evaluation procedures, and are able to effectively manage complex rehabilitation cases
- Our report is organized in an easy to read format with critical information presented clearly and concisely
- FCE's are conducted at ***Riverbend Physiotherapy and Sports Injury Centre***

## **To Make a Referral:**

Contact Work-Able Solutions by phone, fax, or email, or download our referral form available at [www.workablesolutions.ca](http://www.workablesolutions.ca)

The following information is required:

- ✓ Referral form or letter explicitly stating the purpose of the FCE
- ✓ Medical reports detailing the diagnosis and medical/rehabilitation treatment history
- ✓ Job description and physical demands analysis
- ✓ A medical release to participate in testing may be required in certain circumstances

## **Please Note: contraindications for an FCE include one or more of the following:**

- Unstable medical condition or recent surgery
- Substantial psychiatric or behavioural issues
- Non-compensatable medical co-morbidities which preclude the individual from working
- Communication barriers/concerns that may prevent the understanding of instructions and interpretation of reactions during an FCE
- Recently undertaken FCE

**Please contact us for more information on this and other services available.**