



**Select Medical Outpatient Division  
Clinical Education Department**  
 1217 Ira E. Woods Avenue, Grapevine TX 76051  
 Phone: 888-913-7300 or 817-488-5159 Fax: 817-488-5289

TO: Clinicians and Managers  
 FROM: Alan Evans, PT, MOMT, FAAOMPT, MCSP  
 DATE: January 28, 2010  
 RE: **EDUCATION PROGRAM ANNOUNCEMENT**

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COURSE: **Functional Capacity Evaluation**  
 DATES: April 17-18, 2010  
 SCHEDULED INSTRUCTOR: Steve Clark, OTR, CEAS  
 Houston, TX  
 LOCATION: Select Physical Therapy  
 200 NW 66<sup>th</sup> Street  
 Oklahoma City, OK 73116  
 Host Center Contact: Kendra Miller

**DIRECTIONS:** Will be in the Confirmation Letter

Tuition is waived for employees of Select Medical Corporation's Outpatient Division. Course enrollment is limited to 25 participants.

To register for the course, please fill out the attached registration form. Space is limited and is allocated on a first come first serve basis. Course participants will be given a certificate for 12 contact hours of education. Participants will receive notification by fax or e-mail from the Clinical Education Department confirming their acceptance into the program 4 weeks prior to the course. If you have not received confirmation of your status 30 days prior to the date of the program, call 817-488-5159 or email [linda.gilles@selectmedicalcorp.com](mailto:linda.gilles@selectmedicalcorp.com)

All participants are expected to attend the entire educational program. No partial continuing education credit can be extended. In the event that an individual who has been confirmed for a program fails to attend without giving prior notification, notification of their absence will be sent to their Market Manager.

Please be advised that the Clinical Education Department will not be able to reimburse the participant for any travel, lodging, or meal costs associated with attendance at the program.

## Functional Capacity Evaluation April 17-18, 2010 – Oklahoma City, OK

### Course Description:

This course will provide extensive training in the Select Medical standardized Functional Capacity Evaluation method. The course will provide the theoretical methods of functional testing, provide a standardized step-by-step methodology for Functional Capacity Testing, and explain clinical rationale necessary for interpretation of functional data. The participant will receive electronic computer files and a Select Medical Work Strategies FCE training manual. The FCE education will reinforce an understanding of Worker's Compensation, Short/Long Term Disability, and Internal/External Referral Mechanisms. This educational program emphasizes the hierarchy of functional testing: Safety, Reliability, Validity, Practicality and Utility in order to ensure that participants are able to perform FCEs in a safe and quality manner. Additional focus is placed on peer reviewed literature and evidence based practice as it relates to the Functional Capacity Evaluation. Upon completion of this course the clinician will be capable of performing the Select Medical Work Strategies Standardized FCE. The second day of the course will highlight data interpretation and FCE report writing.

Participants will learn methods of testing to determine: functional strength, aerobic capacity, consistency and maximal effort, maximal lifting ability, repetitive lifting ability, positional tolerance, functional endurance, dexterity and ability to safely perform job related activities. This course will provide instruction on how components of the FCE can be utilized throughout any population in order to safely determine the patient's functional capacity.

**Target Audience:** PT, PTA, OT, COTA      **Instructional Level:** Intermediate

### Prerequisites:

All clinicians must read the Select Medical FCE Training Manual and pass the Select Medical Work Strategies Self Study Course Test prior to attending the FCE Training. The self study exam is located on page 175 of the Select Medical FCE Training Manual. The FCE Training Manual is located at: [http://smcweb/outpatient/novacare/ws/fce/FCE\\_Select\\_Medical\\_Training\\_Manual.pdf](http://smcweb/outpatient/novacare/ws/fce/FCE_Select_Medical_Training_Manual.pdf). The FCE Training Manual is located under the outpatient division WorkStrategies intranet site <http://smcweb/outpatient/workstrategies.asp>. You will be able to access the FCE Policy and Procedure Training Manual and required to successfully complete the WorkStrategies FCE Certification Examination Questions prior to attending the FCE Training. Completed exams should be faxed to the continuing education department to the attention of Glenda Bell @ **FAX to 817-488-5289** for scoring.

*\*\*Each clinician will be responsible for printing a copy of the FCE Training Manual and FCE forms. Bring the FCE Training Manual and Forms to the FCE Training course.*

### Course Objectives

The participant will be able to:

1. Administer the Select Medical Work Strategies Standardized Functional Capacity Evaluation
2. Develop professional skills to provide objective answers to referral questions
3. Identify the purpose of FCE testing
4. Develop a clear, concise, method of report writing
5. Write a report using the Select Medical Work Strategies FCE software.
6. Understand how to interpret data and professionally determine an individual's ability
7. Understand how to apply the FCE to Workers' Compensation and Short/Long Term Disability patients.
8. Develop new market referral sources to enhance facility revenue through the FCE product line

## ***Agenda***

### ***Day 1***

<b>7:30am</b>	<b>Registration</b>
<b>8:00</b>	<b>Introduction, Attendance, Course Overview, Objectives</b>
<b>8:30</b>	<b>FCE Theory, Methodology and Equipment</b>
<b>9:00</b>	<b>Referral Procedures, Forms and Medical Screening</b>
<b>9:30</b>	<b>Intake interview, Vital Signs, Medical History, Pain Drawing, Job/Occupational History, Cardiovascular Profile, Clinical Observations</b>
<b>10:00</b>	<b>Musculoskeletal Screening with lab on Dual inclinometry</b>
<b>11:00</b>	<b>Aerobic Capacity Testing with Lab</b>
<b>12:00</b>	<b>Lunch</b>
<b>1:00</b>	<b>Isometric consistency and performance testing</b>
<b>2:00</b>	<b>Material Handling; Theory, methodology and lab</b>
<b>3:00</b>	<b>Positional Tolerance Testing: Theory, methodology and lab</b>
<b>4:00</b>	<b>Exit Testing</b>
<b>4:30</b>	<b>Introduction to report writing</b>

### ***Day 2***

<b>8:00am</b>	<b>Workers' Compensation and Disability Evaluation</b>
<b>9:00</b>	<b>FCE Report Generation</b>
<b>10:00</b>	<b>FCE Functional Data Interpretation</b>
<b>11:00</b>	<b>FCE Quality Assurance and Certification Examination</b>
<b>11:45</b>	<b>Questions</b>
<b>12:00</b>	<b>Adjourn</b>

### ***Instructor Biography:***

Steve is currently the Regional Director of Industrial Services (Western Division) for Select Medical Corp. Steve is originally from Houston, Texas. He graduated in 1993 with a Bachelor of Science degree in Occupational Therapy from Texas Tech University in Lubbock, Texas. After working in various setting as a contract staff therapist, he joined HealthSouth in 1995. At HealthSouth, he worked in both the inpatient and outpatient settings treating neurological, spinal cord, orthopedic, hand, and industrial patients. Steve received extensive training in Functional Capacity Evaluations, Work Conditioning/Hardening Programs, Ergonomics, Injury Prevention, and Post Offer Testing. In 2001, Steve became the Industrial Rehab Coordinator for Houston and in 2006 became the RDIS for the Western Division.

He currently is responsible for assisting in identifying and developing "Industrial Centers of Excellence", overseeing the industrial product line operational plan, and providing clinical support of the Quality Assurance and Patient Management / Utilization Management programs. Other duties include the education, training, and mentoring of clinicians in all industrial product lines, as well as development and growth of the industrial program. The RDIS also maintains treatment time in the clinic providing FCEs, POET, working with return to work programs, performing job site analysis, and ergonomic evaluations.

**Instructor Disclosure Statement:**

The instructor has declared he does not have any financial interest or other relationship with the manufacturers or providers that may be discussed in this course.

**Program Accreditation:**

The Select Medical Outpatient Clinical Education Department is approved or has applied for accreditation by the following organizations or licensing bodies to provide continuing education for this program. The program offers 12 contact hours for full attendance and completion of all course requirements. Accreditation by the providers below does not imply endorsement of the course content, specific products, or clinical procedures. Approval or endorsement by other organization or licensing bodies is the responsibility of the participant.

Oklahoma Board of Medical Licensure and Supervision

**ADA Compliance:**

The Select Medical Outpatient Clinical Education Department will take all reasonable measures to guarantee equal access to learning opportunities for employees with disabilities. Educational programming will be sensitive to any sensory or physical impairment that requires special arrangements on behalf of the participant. Please indicate on your registration form if you should be contacted regarding any physical or mental impairment that would require special accommodation to ensure a satisfactory learning experience.