

Functional Capacity Evaluations – How do they help identify rehabilitation options?

Functional Capacity Evaluations are designed to identify key issues of the functional impact of any injury. They objectively measure capacity for work and ability to manage activities of daily living.

They enable informed decision making about how best to drive cases forward either by investment in targeted vocational rehabilitation or to move towards settlement.

Here we set out how a **Functional Capacity Evaluation** highlighted a way ahead for the parties involved. This may not always involve a full return to work, in some cases it is about removing the barriers to realistic vocational outcomes that then allow the parties to understand and agree upon the likely future outcome and achieve an earlier settlement of the case.

Case Background

- *Young Professional*
- *High wage earning potential*
- *Back at work on partial duties*
- *Return to full duties programme stagnated*



A TV producer in her 20's sustained a lower back injury, six months prior to our instruction. At the time of instruction her pain levels still prevented her from engaging in certain aspects of her work and some home tasks, leaving her predominantly able to work only on a sedentary basis. She was unable to work in outside broadcast and overseas environments that had previously been a significant part of her working life. This had the potential for a major impact on her career prospects and earning potential over the long term.

There was no strategy in place to move her on from restricted duties nor was she having further treatment intervention or support.

She was referred for a **Functional Capacity Evaluation (FCE)** to evaluate her ability to perform work away from a studio environment in a safe, consistent and dependable manner. The findings of the evaluation indicated that the young lady had a tendency to self-limit and was avoiding activities due to perception of resultant aggravated pain which in turn increased her physical de-conditioning. Consequently she was not increasing her activity levels to encompass location work.

Outcome

Following the assessment rehabilitation recommendations included specialist physiotherapy intervention on a one to one basis with the end goal of:-

- Improving her capacity for work by increasing her tolerance for sustained postures
- Increasing her manual handling capacity and improve her overall physical condition to the level she enjoyed prior to her injury
- Providing a set of clear recommendations and strategies to enable her to physically enhance her tolerances and strive towards being more mobile.

The physiotherapy programme included pilates and acupuncture.

The result was a significant improvement in her functional tolerance. She gained a greater insight into her pain and how to manage it on a daily basis. Her confidence also grew in line with her physical improvements to the point where she can now undertake both studio and outside broadcast work along with overseas location assignments on a sustained basis.

In short she has been able to improve her functional ability to the point where she is able to manage her full range of pre-accident tasks.

Proclaim Vocational Services offer a number of specialist functional evaluations including;

- **Work Capacity Evaluation**
- **Workplace Functional Capacity Evaluation**
- **Functional Capacity Evaluation**
- **Ergonomic Evaluation**

If you would like to learn more about PVS services please visit our website www.proclaim-care.co.uk

To arrange a specific discussion of your requirements or to see a sample report please contact:-

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