



FCE + RTW + WH/WC Certification Course

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Day 1 – Foundation of Return-to-Work Programs and FCEs

Time	Subject	Content	Method of Instruction
7:45 – 8:15	Registration	Receive your course materials and check into course	Course Materials
8:15 – 8:30	Introduction	Clinic tour, instructor/attendee intro, overview of course	Lecture, Tour, Power Point
8:30 – 9:00	The innovative Approach	Learn, discuss, and conceptualize OccuPro's innovative approach to treating the injured worker including how to double your work comp referrals, double your FCE referrals and triple your work hardening/conditioning referrals	Lecture, Discussion and Power Point
9:00 – 9:45	The OccuPro Evaluation Philosophy	Discuss and outline a kinesio-physical and psychophysical approach, consistency of effort, and reliability of pain	Lecture, Power Point
Break 9:45 – 10:00			
10:00 – 10:30	Specializing in the Return-to-Work of the injured worker	Convert to being considered a specialist in the treatment of the injured worker and grow your work comp referrals	Lecture, Power Point
10:30 – 11:00	Principles of Industrial Rehabilitation	Outline and illustrate industrial rehab definitions/foundation and gain a general knowledge of this specialized field	Lecture, Power Point
11:00 – 11:30	Industrial Rehabilitation Documentation	Compose and practice proper industrial rehab documentation	Lecture, Power Point, and Handouts
11:30 – 12:00	Functional Capacity Evaluations	Introduction to performing FCE's	Lecture and Power Point
Lunch 12:00 – 1:00			
1:00 – 1:30	Functional Capacity Evaluations	Define and list FCE performance, types of FCE's, reasons for performing and answering the referrals question	Lecture, Power Point, Video
1:30 – 1:45	Evaluation Sitting and Standing tolerance	Determine and calculate sitting/standing tolerance for eight hours and use this data to determine RTW recommendations	Lecture, Power Point, FCE Template/ Software and Video
1:45 – 2:00	Intake Process	Prepare your FCE including client entering the clinic, intake forms, consent to treat, performing your interview	Lecture, Power Point, FCE Template/ Software and Video
2:00 – 3:00	Job Demands Analysis	Use data from an On-Site Job Analysis, Dictionary of Occupational Titles or an interview to gather physical demands	Lecture, Power Point, FCE Template/ Software and Video
Break 3:00 – 3:15			
3:15 – 4:00	Consistency of Effort and Reliability of Pain	Choose various evidence based criteria for determining if your client put forth full effort during testing and if their pain reports can be consider reliable.	Lecture, Power Point, FCE Template/ Software and Video
4:00 – 4:45	Musculoskeletal Testing	Determine the type of testing you need to do per your states impairment rating system and the standard FCE musculoskeletal testing process.	Lecture, Power Point, FCE Template/ Software and Video
4:45 – 5:00	Day 1 Wrap Up	Summarize day and discuss Day 2	Lecture



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Day 2 – Performing Functional Capacity Evaluation

Time	Subject	Content	Method of Instruction
8:00 – 9:30	Upper Extremity Testing	Demonstrate and perform Grip, Pinch, Fine Motor and Gross Motor coordination, evidence based consistency of effort and determining ability	Lecture, Power Point, Video, Hands-On and Demonstration
9:30 – 10:00	Non Material Handling	Performing Walking, Forward/Overhead Reach, Bending and Squatting	Lecture, Power Point, Video, Hands-On and Demonstration
Break 10:00 – 10:15			
10:15 – 11:00	Non Material Handling	Performing kneeling, crawling, dynamic, and static balance	Lecture, Power Point, Video, Hands-On and Demonstration
11:00 – 12:00	Occasional Material Handling	Evaluate, determine, and calculate maximal/safe occasional lifting, carrying, pushing, and pulling abilities during various required lifts	Lecture, Power Point, Video, Hands-On and Demonstration
Lunch 12:00 – 1:00			
1:00 – 1:15	Job Simulation	Administer, evaluate and implement various job simulation testing to increase your tests overall validity	Lecture, Power Point
1:15 – 2:00	Frequent Material Handling	Determine, perform, and calculate maximal/safe frequent lifting abilities as well as RPE vs. Heart Rate	Lecture, Power Point, Video, Hands-On and Demonstration
2:00 – 2:30	Sitting, Standing and Climbing	Evaluate, calculate and determine sitting, standing, crawling and climbing abilities	Lecture, Power Point, Video, Hands-On and Demonstration
2:30 – 3:00	FCE Completion	Demonstrate final documentation, determine overall PDL, summarize Consistency of Effort and Pain, and RTW recommendations	Lecture, Power Point
Break 3:00 – 3:15			
3:15 – 4:45	FCE Case Study	Perform a full FCE	Lecture, Power Point, Video, Hands-On and Demonstration
4:45 – 5:00	Day 2 Wrap Up	Summarize day and discuss Day 3	Lecture



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Day 3 – Performing Functional Capacity Evaluations, Progress Notes, Discharge Summaries, Work Hardening/Conditioning

Time	Subject	Content	Method of Instruction
8:00 – 10:00	FCE Case Study	Perform a full FCE	Lecture, Power Point, Video, Hands-On, Demonstration
Break 10:00 – 10:15			
10:15 – 10:45	Introduction to FPN and FDS	Implement FPN and FDS into your practice and double your work comp patients and triple work conditioning patients	Lecture, Power Point Handouts
10:45 – 11:15	Performing FPN and FDS	Perform injury/job specific evaluations on all your work comp patients.	Lecture, Power Point
11:15 – 12:15	FPN – FDS Case Study	Perform an FPN based on a patient case study	Hands-On
Lunch 12:15 – 1:15			
1:15 – 1:45	Introduction to Work Hardening/ Work Conditioning	Implement, run and grow profitable work conditioning/ hardening programs in your practice	Lecture, Power Point, Handouts
1:45 – 2:15	Performing WH/WC Evaluation	Administer a work hardening/conditioning evaluation	Lecture, Power Point
2:15 – 2:45	Work Hardening/Work Conditioning Treatment	Design treatment plans, progress your patients on a day to day basis, bill and increase patient volume/revenue	Lecture, Power Point, Handouts
Break 2:45 – 3:00			
3:00 – 3:45	WH/WC Case Studies	Set up a treatment plan, establish goals, and progress a patient based on a case study	Handouts, Hands-On, Demonstration
3:45 – 4:00	Certification and Wrap up	Certification, course evaluations, CEU presentations	Lecture