



Functional Capacity Evaluation Certification Course

Jim Mecham, MSIE, OTR/L, CPE Eric Ahonen, ATC, LAT, CFCE Paige Shafer, MS, OTR/L, CFCE, CEAS

Day 1 – FCE Philosophy, Documentation, and Performance

Time	Subject	Content	Method of Instruction
7:45 – 8:15	Registration	Receive your course materials	Training Compendium
8:15 – 8:30	Introduction	Clinic tour, instructor/attendee intro, overview of course	Lecture, Tour, Power Point
8:30 – 9:00	Intro to Functional Capacity Evaluations	Discuss the history behind FCEs, how they fit in the Rehab process, their purpose and the APTA guidelines	Lecture, Power Point
9:00 – 10:00	The OccuPro Evaluation Philosophy	Discuss the foundation of performing FCEs and how the test you are performing is considered legally defensible	Lecture, Power Point
Break 10:00 – 10:15			
10:15 – 11:00	Principles of Performing FCEs	Discuss various FCE definitions including PDC levels, occasional/frequent/constant and distraction based testing	Lecture, Power Point
11:00 – 12:00	FCE Documentation	Discuss and practice proper FCE documentation including final results, recommendations, ability, effort and pain documentation	Lecture, Power Point, Handouts
Lunch 12:00 – 1:00			
1:00 – 1:15	OccuPro FCE software, other FCE software or free FCE testing template?	Use the provided word based template to perform you FCEs, take a look at OccuPro's FCE Software, and discuss pros/cons of other FCE systems	Lecture, Power Point, Handouts
1:15 – 1:30	Develop and establish your FCE program	Learn to implement a full IR program, an FCE program and what constitutes a financially successful program	Lecture, Power Point, Handouts
1:30 – 2:00	Selecting Testing equipment and setting up your space	Learn what equipment you will need, the size of your space and setting up your space	Lecture, Power Point
2:00 – 3:00	Functional Capacity Evaluations	General overview of FCE performance, types of FCEs, reasons for performing and answering the referrals question, difficult patients, evidence based FCEs, Daubert	Lecture, Power Point, Handouts
Break 3:00 – 3:15			
3:15 – 3:45	Intake Process	What happens when your patient walks in the door and what you should gather during your interview	Lecture, Power Point Video
3:45 – 4:45	Job Demands Analysis	Learn to gather the job demands for a return to work FCE	Lecture, Power Point, Handouts, Video
4:45 – 5:00	Day 1 Wrap Up	Summarize Day 1 and discuss Day 2	Lecture



Functional Capacity Evaluation Certification Course

Jim Mecham, MSIE, OTR/L, CPE Eric Ahonen, ATC, LAT, CFCE Paige Shafer, MS, OTR/L, CFCE, CEAS

Day 2 – Performing Functional Capacity Evaluations

Time	Subject	Content	Method of Instruction
8:00 – 8:30	Consistency of Effort	Evidence based practice for determining if your client put forth full and consistent effort during testing	Lecture, Power Point, Handouts
8:30 – 9:30	Reliability of Pain Ratings	Determining if the subjective pain is reliable using RPE, functional pain scale, McGill, Oswestry, Ransford and Waddell Signs	Lecture, Power Point, Handouts, Demonstrations, Hands-On
9:30 – 10:00	Musculoskeletal Testing	Learn to gather basic screening information and perform sensation testing	Lecture, Power Point, Demonstrations
Break 10:00 – 10:15			
10:15 – 11:15	Musculoskeletal Testing	Learn to perform Goniometric and Inclometric joint evaluation for general FCE and AMA impairment rating FCE's and its importance in FCE testing	Lecture, Power Point, Hands-On
11:15 – 12:00	Upper Extremity Testing	Performing Grip and Pinch taking into consideration evidence based consistency of effort and determining physical demand level	Lecture, Power Point, Video, Hands-On
Lunch 12:00 – 1:00			
1:00 – 2:00	Upper Extremity Testing	Performing fine motor and gross motor coordination taking into consideration evidence based consistency of effort and determining physical demand level	Lecture, Power Point, Video, Hands-On
2:00 – 3:00	Non-Material Handling	Learn to test Walking, Forward/Overhead Reach, Bending, Squatting, and determining the physical demand level	Lecture, Power Point, Video, Hands-On
Break 3:00 – 3:15			
3:15 – 4:00	Non-Material Handling	Learn to test Kneeling, Crawling, Climbing and determining the physical demand level	Lecture, Power Point, Video, Hands-On
4:00 – 4:45	Balance	Learn to test Dynamic and Static Balance and determining the physical demand level	Lecture, Power Point, Video, Hands-On
4:45 – 5:00	Day 2 Wrap Up	Summarize Day 2 and discuss Day 3	Lecture



Functional Capacity Evaluation Certification Course

Jim Mecham, MSIE, OTR/L, CPE Eric Ahonen, ATC, LAT, CFCE Paige Shafer, MS, OTR/L, CFCE, CEAS

Day 3 – Performing Functional Capacity Evaluations

Time	Subject	Content	Method of Instruction
8:00 – 9:00	Occasional Material Handling	Using a kinesiophysical approach learn to evaluate and determine your client occasional/maximum/safe lifting abilities	Lecture, Power Point, Video, Hands-On
9:00 – 9:30	Job Simulation	Learn to evaluate and implement various job simulation testing to increase your tests overall validity	Lecture, Power Point
9:30 – 10:15	Frequent Material Handling	Evaluate, determine and calculate maximal/safe frequent, and continuous lifting abilities during various lifts	Lecture, Power Point, Video, Hands-On
Break 10:15 – 10:30			
10:30 – 11:00	FCE Completion and report writing	Final documentation, determine overall PDL, summarize Consistency of Effort and Pain, and RTW recommendations	Lecture, Power Point, Hands-On
11:00 – 11:15	Testifying as an FCE expert witness and being deposed	What happens when you get deposed, preparing for your deposition and becoming an expert witness	Lecture, Power Point
11:15 – 11:30	Certification	How to obtain the Certified Functional Capacity Evaluator Certification	Lecture, Power Point, Handouts
11:30 – 12:00	Marketing Strategies and increasing referrals	Learn to market your program to increase referrals	Lecture, Power Point
Lunch 12:00 – 1:00			
1:00 – 4:00	FCE Case Study	Perform a full FCE on your fellow classmates	Handouts, Hands-On, Software
4:00 – 4:45	FCE Presentations	Present your FCE to the class	Lecture
4:45 – 5:00	Closing Comments/Wrap up		Lecture