



FCE + RTW + WH/WC Certification Course – On Demand

Jim Mecham, MSIE, OTR/L, CPE

Day 1

Time	Subject	Content	Method of Instruction
14 minutes	Introduction	Overview of course and introduction to course instructor	Lecture, PowerPoint
25 minutes	The Innovative Approach	Learn OccuPro's innovative approach to treating the injured worker and increasing your workers' compensation and work conditioning referrals	Lecture, PowerPoint
34 minutes	The OccuPro Evaluation Philosophy	Discuss/outline a kinesio-physical and psychophysical approach, consistency of effort, and reliability of pain	Lecture, PowerPoint
15 minutes	Specializing in the RTW of the Injured Worker	Discuss being considered a specialist in the treatment of the injured worker and how this change can vault your practice in regards to referrals and improved quality	Lecture, PowerPoint
30 minutes	Principles of Industrial Rehab	Discuss industrial rehab definitions and gain knowledge of this specialized field	Lecture, PowerPoint
18 minutes	Industrial Rehab Documentation	Compose and practice proper industrial rehab documentation	Lecture, PowerPoint
48 minutes	Functional Capacity Evaluations	Introduction to functional capacity evaluations, types of FCEs, reasons for performing and answering the referral questions	Lecture, PowerPoint
10 minutes	Sitting and Standing	How to calculate sitting/standing tolerance for eight hours and using this data to determine return-to-work recommendations	Lecture, PowerPoint, Software
28 minutes	Intake Process	Prepare your FCE including client entering the clinic, intake forms, consent to treat, and performing your interview	Lecture, PowerPoint, Software
30 minutes	Job Demands Analysis	Discuss how to use data from an on-site job demands analysis, dictionary of occupational titles, or from an interview	Lecture, PowerPoint, Software
43 minutes	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, PowerPoint, Software
14 minutes	Musculoskeletal Testing	Determine the type of testing you need to do per your state's impairment rating system and the standard FCE musculoskeletal testing process	Lecture, PowerPoint, Software



FCE + RTW + WH/WC Certification Course – On Demand

Jim Mecham, MSIE, OTR/L, CPE

Day 2

Time	Subject	Content	Method of Instruction
104 minutes	Upper Extremity Testing	Demonstrate and perform grip, pinch, fine motor and gross motor coordination, evidence-based consistency of effort and determining ability	Lecture, PowerPoint, Video, Software
73 minutes	Non-Material Handling	Discuss walking, forward/overhead reach, bending, squatting, kneeling, dynamic and static balance, and determining physical demand levels	Lecture, PowerPoint, Video, Software
72 minutes	Occasional Material Handling	Determine maximal/safe occasional lifting, carrying, pushing, and pulling abilities during various required lifts	Lecture, PowerPoint, Video, Software
4 minutes	Job Simulation Testing	Evaluate various job simulation testing to increase your test's overall validity	Lecture, PowerPoint, Software
18 minutes	Frequent Material Handling	Determine maximal/safe frequent lifting abilities as well as RPE vs. Heart Rate	Lecture, PowerPoint, Video, Software
23 minutes	Sit Stand Climb	Evaluate and determine sitting, standing, and climbing abilities	Lecture, PowerPoint, Video, Software
8 minutes	FCE Completion	Final documentation, determine overall PDL, summarize consistency of effort, reliability of pain, and return-to-work recommendations	Lecture, PowerPoint



FCE + RTW + WH/WC Certification Course – On Demand

Jim Mecham, MSIE, OTR/L, CPE

Day 3

Time	Subject	Content	Method of Instruction
45 minutes	FPN and FDS Introduction/Performance	Introduction to Functional Progress Notes and Functional Discharge Summaries, how to implement into your practice and perform these evaluations on your patients	Lecture, Software
55 minutes	WH/WC Introduction/Performance/ Treatment	How to implement a profitable work hardening/conditioning program into your practice, administer a WH/WC evaluation, design treatment plans, progress your patients, and bill/increase patient volume and revenue	Lecture, Software
88 minutes	FPN FDS WH/WC Case Studies	Perform a Functional Progress Note, set up a treatment plan, establish goals, and progress a patient based on case studies	Lecture, Software
123 minutes	FCE Practicum	Watch Paige Shafer perform a full job specific functional capacity evaluation while using the OccuPro FCE Software	Video
30 minutes	Certification and Wrap Up	Wrap up the course, take quiz, complete course feedback form, and schedule a time to speak with the course instructor	Lecture, Quiz