



OccuMotion Therapy - OccuPro Sample

3921 30th Ave Suite A
Kenosha, WA 53144
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www.occuprosample.com



Workers Compensation Initial Therapy Evaluation

Client:	Jane Doe	Date of Birth:	11/10/1990
Evaluation Date:	10/26/2024	Gender:	Female
Diagnosis:	M54.50 Low back pain, unspecified	Employer:	ABC Trucking
Occupation:	Truck Driver	Job Title:	Truck Driver
Date of Diagnosis:	09/03/2024	Insurance/Payor:	ExamWorks
Current Work Status:	Off of Work	Time In/Out:	08:00 AM - 09:00 AM

Results

Material Handling Abilities

- Bilateral Lifting:** 0 Pounds
- Bilateral Carrying:** 10 Pounds
- Pushing:** 10 HFP
- Pulling:** 10 HFP

Functional Abilities to Job Demands Match

This Workers Compensation Initial Therapy Evaluation was performed and Ms. Doe demonstrated the ability to perform 13.0% of the physical demands of her job as a Truck Driver. The return to work test items Ms. Doe was unable to achieve successfully during this evaluation include: Walking, Bending, Squatting, Occasional Bilateral Carry, Occasional Pushing, Occasional Pulling.

Rehabilitation Recommendations

Per physician approval, client will participate in skilled outpatient therapy 3x/week for 6 weeks.

☐ Alter Program as follows: _____

Physician Signature _____ Date _____

Goals

- #1:** Client to demonstrate the ability to occasionally squat lift 75 pounds for full duty return to work.
- #2:** Client to demonstrate the ability to occasionally bilateral carry 75 pounds for full duty return to work.
- #3:** Client to demonstrate the ability to occasionally pushing 75 hfp for full duty return to work.
- #4:** Client to demonstrate the ability to occasionally pulling 75 hfp for full duty return to work.
- #5:** Client to demonstrate the ability to perform walking Frequent for full duty return to work.
- #6:** Client to demonstrate the ability to perform bending Frequent for full duty return to work.
- #7:** Client to demonstrate the ability to perform squatting Frequent for full duty return to work.

Job Demands Match Table

Vocational Status

The physical demands for this evaluation were gathered from a Job Description

	Abilities from 10/26/2024 Evaluation	Physical Demands Gathered From Job Description	Job Demand Match?
Material Handling			
Occasional Squat Lift	0 Pounds	75 Pounds	No
Occasional Bilateral Carry	10 Pounds	75 Pounds	No
Occasional Pushing	10 HFP	75 HFP	No
Occasional Pulling	10 HFP	75 HFP	No
Non-Material Handling			
Bending	Avoid	Frequent	No
Squatting	Avoid	Frequent	No

	Abilities from 10/26/2024 Evaluation	Physical Demands Gathered From Job Description	Job Demand Match?
Walking	Occasional	Frequent	No

Medical History and Present Status

History of Present Condition

The client reports falling while delivering packages and feeling immediate low back pain.

Past Medical History

The client denied any past medical history that may affect this assessment.

Musculoskeletal Testing

Lumbar Range of Motion

Trunk Flexion	Trunk Extension	Right Trunk Rotation	Left Trunk Rotation	Right Trunk Lat Flexion	Left Trunk Lat Flexion
25%	25%				

Lumbar Comments

The following special tests were performed and were considered positive: Dural Stretch.
Her pain using the OccuPro functional pain scale was reported at a 2 on this 0-10 functionally based pain scale.

Lower Extremity Range of Motion and Strength

	Right		Left	
	AROM	Strength	AROM	Strength
Hip Flexion	WNL	5/5	WNL	5/5
Hip Extension	WNL	5/5	WNL	5/5
Hip Adduction	WNL	5/5	WNL	5/5
Hip Abduction	WNL	5/5	WNL	5/5
Hip Internal Rotation	WNL	5/5	WNL	5/5
Hip External Rotation	WNL	5/5	WNL	5/5
Knee Flexion	WNL	5/5	WNL	5/5
Knee Extension	WNL	5/5	WNL	5/5
Ankle Dorsiflex	WNL	5/5	WNL	5/5
Ankle Plantar	WNL	5/5	WNL	5/5
Ankle Inversion	WNL	5/5	WNL	5/5
Ankle Eversion	WNL	5/5	WNL	5/5
Great Toe MP Extension	WNL	5/5	WNL	5/5
Great Toe MP Flexion	WNL	5/5	WNL	5/5
Great Toe IP Extension	WNL	5/5	WNL	5/5
Great Toe IP Flexion	WNL	5/5	WNL	5/5

Reliability of Pain

Oswestry Low Back Disability Questionnaire

The Oswestry Low Back Disability Questionnaire was performed and this client scored at a 10% which would suggest minimal disability. This group can cope with most living activities. Usually no treatment is indicated a part from advice on lifting, sitting posture, physical fitness, and diet. In this group some patients have particular difficulty sitting. This may be important if their new occupation is sedentary. This level would suggest the potential for reliable pain reports during functional testing.

Non-Material Handling

Walking

Ms. Tees demonstrated the ability during walking testing, to perform this activity on an OCCASIONAL basis. The US Army regulation time for a fast paced walking testing is 66 seconds and she was able to complete this test in 90 seconds.

Bending Comments

Ms. Tees demonstrated the ability during bending testing, to be able to perform this activity on an AVOID basis. During this test, times 1 repetition she demonstrated 25 percent of a full bend and During this test, she demonstrated a slow bending pace. During bending she did demonstrate compensatory techniques.

Squatting

Ms. Tees demonstrated the ability during repetitive squatting testing, to be able to perform this activity on an AVOID basis. During this test, times 1 repetition she demonstrated 10 percent of a full squat and During this test, she demonstrated a slow squatting pace. During squatting she did demonstrate compensatory techniques. Her pain using the OccuPro functional pain scale was reported at a 4 on this 0-10 functionally based pain scale.

Occasional Material Handling

Squat Lifting (Floor to Waist)

During Occasional Bilateral Squat Lifting testing, Ms. Tees demonstrated the ability to lift 0 pounds from floor to waist.

Bilateral Carrying

During Occasional Bilateral Carrying testing, she demonstrated the ability to carry 10 pounds.

Pushing/Pulling

During Occasional Pushing testing, Ms. Tees demonstrated the ability to push 10 horizontal force pounds.

During Occasional Pulling testing, Ms. Tees demonstrated the ability to pull 10 horizontal force pounds.

ABC Trucking, thank you for the opportunity to work with your client.

If I can be of assistance in interpreting the aforementioned data regarding this Workers Compensation Initial Therapy Evaluation, please feel free to contact me at:

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Electronically Signed/Authenticated by

Dr. John Jones | 12/17/2025 12:10 PM Central Standard Time