



**Select Medical Outpatient Division  
Clinical Education Department**

1217 Ira E. Woods Avenue, Grapevine TX 76051  
Phone: 888-913-7300 or 817-488-5159 Fax: 817-488-5289

TO: Clinicians and Managers  
FROM: Alan Evans, PT, MOMT, FAAOMPT, MCSP  
DATE: August 2, 2010  
RE: **EDUCATION PROGRAM ANNOUNCEMENT**

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COURSE: **Functional Capacity Evaluation**  
DATES: October 16-17, 2010  
SCHEDULED INSTRUCTOR: Steve Clark, OTR, CEAS  
Houston, TX  
LOCATION: Select Physical Therapy - Cyfair  
17360 NW Freeway  
Houston, TX 77040  
Host Center Contact: Craig Perilloux/Dara Murti

**DIRECTIONS:** From the airport: Go South on Vantage Pkwy - Turn Right onto N Sam Houston Pkwy (Beltway 8 feeder road) and merge onto Sam Houston Pkwy W (Beltway 8) – exit US 290 W toward Austin – exit Jones Rd – Facility located in strip center just before the light at Jones Rd & behind Los Cucos Mexican Café. From Dallas: US 45 S to Sam Houston Pkwy W (Beltway 8) – exit US 290 W toward Austin – exit Jones RD – Facility located in strip center just before the light at Jones Rd & behind Los Cucos Mexican Café. There is ample parking at the facility. Bush Intercontinental Airport is approximately 17.5 miles.

Tuition is waived for employees of Select Medical Corporation's Outpatient Division. Course enrollment is limited to 25 participants.

Space is limited and is allocated on a first come first serve basis. Course participants will be given a certificate for 14 contact hours of education. Participants will receive notification by fax or e-mail from the Clinical Education Department confirming their acceptance into the program 4 weeks prior to the course. If you have not received confirmation of your status 30 days prior to the date of the program, call 817-488-5159 or email [linda.gilles@selectmedicalcorp.com](mailto:linda.gilles@selectmedicalcorp.com)

All participants are expected to attend the entire educational program. No partial continuing education credit can be extended. In the event that an individual who has been confirmed for a program fails to attend without giving prior notification, notification of their absence will be sent to their Market Manager.

Please be advised that the Clinical Education Department will not be able to reimburse the participant for any travel, lodging, or meal costs associated with attendance at the program.

## Functional Capacity Evaluation October 16-17, 2010 – Houston, TX

### Course Description:

This course will provide extensive training in the Select Medical Work Strategies standardized Functional Capacity Evaluation. It will provide the theoretical methods of functional testing, provide a standardized step-by-step methodology for Functional Capacity Testing, and explain clinical rationale necessary for interpretation of functional testing data. The FCE education will reinforce an understanding of Worker's Compensation, Short/Long Term Disability, National Contracts and Internal/External Referral Mechanisms. Upon completion of this course the clinician will be capable of performing the Select Medical Work Strategies Standardized FCE. In addition to FCE test methodology and data interpretation, the course will provide participants with FCE documentation training and report writing skills.

**Target Audience:** PT, PTA, OT, COTA      **Instructional Level:** Intermediate

### Prerequisites for attendance (if applicable):

All clinicians must read the Select Medical FCE Training Manual and pass the Select Medical Work Strategies Self Study Course Test prior to attending the FCE Training. The self study exam is located on page 175 of the Select Medical FCE Training Manual. The FCE Training Manual is located at: [http://smcweb/outpatient/novacare/ws/fce/FCE\\_Select\\_Medical\\_Training\\_Manual.pdf](http://smcweb/outpatient/novacare/ws/fce/FCE_Select_Medical_Training_Manual.pdf). The FCE Training Manual is located under the outpatient division WorkStrategies intranet site <http://smcweb/outpatient/workstrategies.asp>. You will be able to access the FCE Policy and Procedure Training Manual and required to successfully complete the WorkStrategies FCE Certification Examination Questions prior to attending the FCE Training. Completed exams should be faxed to the continuing education department to the attention of Glenda Bell @ **FAX to 817-488-5289** for scoring.

*\*\*Each clinician will be responsible for printing a copy of the FCE Training Manual and FCE forms. Bring the FCE Training Manual and Forms to the FCE Training course.*

### Course Objectives

The participant will be able to:

1. Administer the Select Medical Work Strategies Standardized Functional Capacity Evaluation.
2. Develop professional skills to provide objective answers to the referral
3. Identify the purpose of FCE testing.
4. Understand how to interpret data and professionally determine an individual's ability.
5. Understand how to apply the FCE to Workers' Compensation and Long Term Disability patients
6. Develop a clear, concise method of report writing.
7. Write an objective report using the Select Medical Work Strategies FCE software.
8. Develop new market referral sources to enhance facility revenue through FCE services.

### Agenda

8:00 am	Introduction, Attendance, Course Overview, Objectives
8:30 am	FCE Theory, Methodology and Equipment
9:30 am	Referral Procedures and FCE Forms
10:00 am	Intake Interview, Vital Signs, Medical History, Pain Drawing, Job / Occupational History, Cardiovascular Profile, Clinical Observations
11:00 am	Musculoskeletal Screening
12:00 pm	Lunch
1:00 pm	Aerobic Capacity / Cardiovascular Conditioning Assessment and Lab
2:00 pm	Isometric Consistency Testing and Lab
3:00 pm	Dynamic Lift Testing – Occasional, Frequent, Job Specific and Lab
4:00 pm	Positional Tolerance – Non-Material Handling and Lab
5:00	Conclusion

### Day 2

8:00 am	LAB
10:00 am	Functional Data Interpretation
11:00 am	Report Generation FCE Report Review and QA processes
12:30 pm	Lunch
1:30 pm	FCE process Review
2: 30 pm	Wrap-up/Adjourn

### ***Instructor Biography:***

Steve is currently the Regional Director of Industrial Services (Western Division) for Select Medical Corp. Steve is originally from Houston, Texas. He graduated in 1993 with a Bachelor of Science degree in Occupational Therapy from Texas Tech University in Lubbock, Texas. After working in various setting as a contract staff therapist, he joined HealthSouth in 1995. At HealthSouth, he worked in both the inpatient and outpatient settings treating neurological, spinal cord, orthopedic, hand, and industrial patients. Steve received extensive training in Functional Capacity Evaluations, Work Conditioning/Hardening Programs, Ergonomics, Injury Prevention, and Post Offer Testing. In 2001, Steve became the Industrial Rehab Coordinator for Houston and in 2006 became the RDIS for the Western Division.

He currently is responsible for assisting in identifying and developing “Industrial Centers of Excellence”, overseeing the industrial product line operational plan, and providing clinical support of the Quality Assurance and Patient Management / Utilization Management programs. Other duties include the education, training, and mentoring of clinicians in all industrial product lines, as well as development and growth of the industrial program. The RDIS also maintains treatment time in the clinic providing FCEs, POET, working with return to work programs, performing job site analysis, and ergonomic evaluations.

### **Instructor Disclosure Statement:**

The instructor has declared he does not have any financial interest or other relationship with the manufacturers or providers that may be discussed in this course.

### **Program Accreditation:**

The Select Medical Outpatient Clinical Education Department is approved or has applied for accreditation by the following organizations or licensing bodies to provide continuing education for this program. The program offers 14 contact hours for full attendance and completion of all course requirements. Accreditation by the providers below does not imply endorsement of the course content, specific products, or clinical procedures. Approval or endorsement by other organization or licensing bodies is the responsibility of the participant.

### **Texas Physical Therapy Association**



### ***ADA Compliance:***

The Select Medical Outpatient Clinical Education Department will take all reasonable measures to guarantee equal access to learning opportunities for attendees with disabilities. Educational programming will be sensitive to any sensory or physical impairment that requires special arrangements on behalf of the participant. Please indicate on your registration form if you should be contacted regarding any physical or mental impairment that would require special accommodation to ensure a satisfactory learning experience.