



The Center for Physical Rehabilitation - Greenville

1330 W. Washington
Greenville, MI 48838
(p) 616-754-7040
www.pt-cpr.com



Work Conditioning Evaluation

Client:	Jane Q Tees	Date of Birth:	10/22/1970
Gender:	Female	Evaluation Date:	12/14/2019
Diagnosis:	S/P Left Radial/Ulnar Fracture	Employer:	ABC, Inc.
Referring Physician:	Joseph Smith, D.O.	Occupation:	Truck Driver
Work Status:	Off of Work	Job Title:	Truck Driver
		Date of Injury:	7/05/2019
		Surgery Date(s):	7/06/2019
		Evaluator:	John Sample, MS, OTR/L

Results

Material Handling Abilities

- Bilateral Lifting: 40 pounds
- Bilateral Carrying: 35 pounds
- Bilateral Shoulder Lifting: 20 pounds
- Pushing: 30 horizontal force pounds
- Pulling: 25 horizontal force pounds

Functional Abilities to Job Demands Match

This Work Hardening/Conditioning Evaluation was performed and this client demonstrated the ability to perform 72.8% of the physical demands of their job as a Truck Driver. The return to work test items this client was unable to achieve successfully during this evaluation include: Occasional Squat Lifting, Occasional Power Lifting, Occasional Shoulder Lifting, Occasional Overhead Lifting, Occasional Unilateral Lifting, Occasional Bilateral Carrying, Occasional Unilateral Carrying, Occasional Pushing, Occasional Pulling, Gross Motor Coordination, Crawling and Two- handed carrying and stair climbing.

Client/Occupation Physical Demand Category

Client demonstrated the ability to perform within the MEDIUM physical demand level based on the definitions developed by the US Department of Labor and outlined in the Dictionary of Occupational Titles. It should be noted that this client's job as a Truck Driver is classified within the HEAVY physical demand level.

Recommendations

Return to Work Recommendations

Based on the results of objective functional testing this client demonstrates the ability to return to work on a transitional/gradual return to full duties beginning at the functional levels outlined in this report over the course of 4 weeks until functional re-assessment. Client can progress by 10 pounds per week over the next 4 weeks starting at 40 pounds of lift, carry push and pull presently.

Recommendations

Client to benefit from 3 weeks of work conditioning 5 times per week at 3.5 hours per day focusing on full duty return to work strength.

Job Accommodation Recommendation

Ms. Tees can presently be job accommodated by allowing her to to work at 4 hours per day at 40 pounds of lift, carry, push and pull. She will continue to participate in our skilled work hardening program at 4 hours per day with an overall goal of full duty return to work. Each week over the next 4 weeks the client can progress their lift, carry, push and pull by 10 pounds until full duty return to work has been achieved.

Goals

- # 1: Client to demonstrate the ability to lift 75 pounds occasionally from floor to waist for full duty return to work within 4 weeks.
- # 2: Client to demonstrate the ability to lift 75 pounds occasionally from 12 inches to waist for full duty return to work within 4 weeks.
- # 3: Client to demonstrate the ability to lift 50 pounds occasionally from waist to shoulder for full duty return to work within 4 weeks.
- # 4: Client to demonstrate the ability to lift 50 pounds occasionally to overhead for full duty return to work within 4 weeks.
- # 5: Client to demonstrate the ability to unilateral lift 25 pounds occasionally for full duty return to work within 4 weeks.
- # 6: Client to demonstrate the ability to carry 75 pounds occasionally for full duty return to work within 4 weeks.
- # 7: Client to demonstrate the ability to unilateral carry 25 pounds occasionally for full duty return to work within 4 weeks.

Summary

Limiting Factors Noted During Testing

During this evaluation the client was unable to achieve 100% of the physical demands of their job/occupation and the limiting factors noted during these objective functional tests include: Compensatory Techniques, Increased Pain, Limited Range of Motion, and Substitution Patterns.

Assessment Purpose / Reason for Referral

The purpose of this work conditioning evaluation is to determine this client's baseline functional levels to establish an appropriate functional treatment plan and goals related specifically to full duty return to work. This objective functional test was performed in 4 hours and 15 minutes.

Job Demands Match Table

	Abilities from 12/14/2019 Evaluation	Physical Demands Gathered From Client	Job Demand Match?
Material Handling			
Occasional Squat Lift	40 Pounds	75 Pounds	No
Occasional Power Lift	40 Pounds	75 Pounds	No
Occasional Shoulder Lift	20 Pounds	50 Pounds	No
Occasional Overhead Lift	10 Pounds	50 Pounds	No
Occasional Unilateral Lift	8 Pounds	25 Pounds	No
Occasional Bilateral Carry	35 Pounds	75 Pounds	No
Occasional Unilateral Carry	10 Pounds	25 Pounds	No
Occasional Pushing	30 HFP	40 HFP	No
Occasional Pulling	25 HFP	40 HFP	No
Upper Extremity			
Gross Coordination	Frequent	Constant	No
Fine Coordination	Frequent	Occasional	Yes
Simple Grasping	Constant	Constant	Yes
Firm Grasping	Frequent	Frequent	Yes
Pinching	Occasional	Occasional	Yes
Non-Material Handling			
Bending	Frequent	Frequent	Yes
Squatting	Frequent	Frequent	Yes
Sustained Kneeling	Occasional	Occasional	Yes
Repetitive Kneeling	Frequent	Occasional	Yes
Crawling	Avoid	Occasional	No
Walking	Frequent	Frequent	Yes
Forward Reaching	Constant	Constant	Yes
Above Shoulder Reaching	Frequent	Frequent	Yes
Climbing			
Stair Climbing	Constant	Frequent	Yes
Static Balance	Frequent	Frequent	Yes
Dynamic Balance	Frequent	Frequent	Yes
Job Specific Testing			
Two- handed carrying and stair climbing	Avoid	Occasional	No

Medical History and Present Status

Present Status

The client reported that she is currently feeling "dull and achy" on her left wrist. The client reported that she continues to have difficulty with laundry, doing dishes for greater than 10 minutes, washing her floor on hands and knees, taking out the garbage, and turning the steering wheel when driving. She reported compliance to performing her home exercise program daily. She stated that therapy has been of great benefit.

Musculoskeletal Testing

Lower Extremity Musculoskeletal Testing

The client presented with functional range of motion in his bilateral lower extremities for sitting, standing, and walking. Her bilateral upper extremities were within functional limits for reaching in all planes of motion.

Upper Extremity Range of Motion and Strength

	Right		Left		
	AROM	Strength	AROM	PROM	Strength
Elbow Flexion	WNL	5	WNL		5-
Elbow Extension	WNL	5-	WNL		5-
Supination	75	4+	70		4
Pronation	80	4+	70		4
Wrist Flexion	75	5	60	65	4
Wrist Extension	70	5	70		4
Ulnar Deviation	30	5-	20		4
Radial Deviation	20	5-	12		4
Digit Opposition	WNL	5	WFL		4+

Upper Extremity Musculoskeletal Testing

She presented with decreased left wrist extension, flexion and supination. The client presented with facial grimacing, holding her left wrist and rubbing her left wrist post MMT.

Upper Extremity Testing**Grip Strength**

	Right	Left		Right	Left		Right	Left
Trial 1	118	72	CV %	2.1 %	5.4 %	Mean	62.2	56
Trial 2	120	80				Range	39-100	37-83
Trial 3	115	78						

Rapid Exchange Grip Testing

	Right	Left
Maximum Weight Noted In Tests 5-8	110	75

Key Pinch Testing

	Right	Left		Right	Left		Right	Left
Trial 1	25	15	CV %	4.7 %	6.7 %	Mean	17.6	16.6
Trial 2	25	16				Range	13-24	12-24
Trial 3	23	14						

Palmar Pinch Testing

	Right	Left		Right	Left		Right	Left
Trial 1	20	18	CV %	4.8 %	3.1 %	Mean	17.9	17.5
Trial 2	21	19				Range	12-27	12-24
Trial 3	22	18						

Tip Pinch Testing

	Right	Left		Right	Left		Right	Left
Trial 1	14	11	CV %	7.7 %	5.1 %	Mean	13.2	12.1
Trial 2	13	11				Range	9-19	7-18
Trial 3	12	12						

Occasional Material Handling

Bilateral Carrying 50 feet

The primary limiting factor noted in two-handed carrying was increased pain. The secondary limiting factor noted in two-handed carrying was significant compensatory techniques. The client was observed putting the box on her right hip in order to minimize the amount of weight distributed to her left wrist, with facial grimacing.

Occasional Weight: 35 pounds

Unilateral Lifting

The primary limiting factor noted in unilateral lifting was increased pain. The secondary limiting factor noted in right unilateral lifting was maximum effort. The client presented with facial grimacing, rubbing her left wrist and hand post this task. The client used a dumbbell in order to perform this task from floor to waist level.

Occasional Weight: 8 pounds

Unilateral Carrying 50 feet

The primary limiting factor noted in unilateral carrying was Increased Pain. The secondary limiting factor noted in unilateral carrying lifting was Maximum Effort.

Occasional Weight: 10 pounds

Pushing (25 feet)/Pulling (25 feet)

The primary limiting factor noted in pushing was increased pain. The secondary limiting factor noted in pushing was general fatigue. The tertiary limiting factor noted in pushing was maximum effort.

Occasional Pushing Weight: 30 pounds for 15 feet.

The primary limiting factor noted in pulling was increased pain.

Occasional Pulling Weight: 25 pounds

Physical pain behaviors noted during these tasks were facial grimacing, labored breathing, and holding her left wrist post the task.

Joseph Smith, D.O. and ABC, Inc., thank you for the opportunity to work with your client.

If I can be of assistance in interpreting this Work Conditioning Evaluation, please feel free to contact me at:

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Electronically Signed/Authenticated by



AT, ATC

Ken D Follett, AT, ATC | Date: 03/24/2020 03:04:42 PM CST

Licensed and Certified Athletic Trainer