



The Center for Physical Rehabilitation - Greenville

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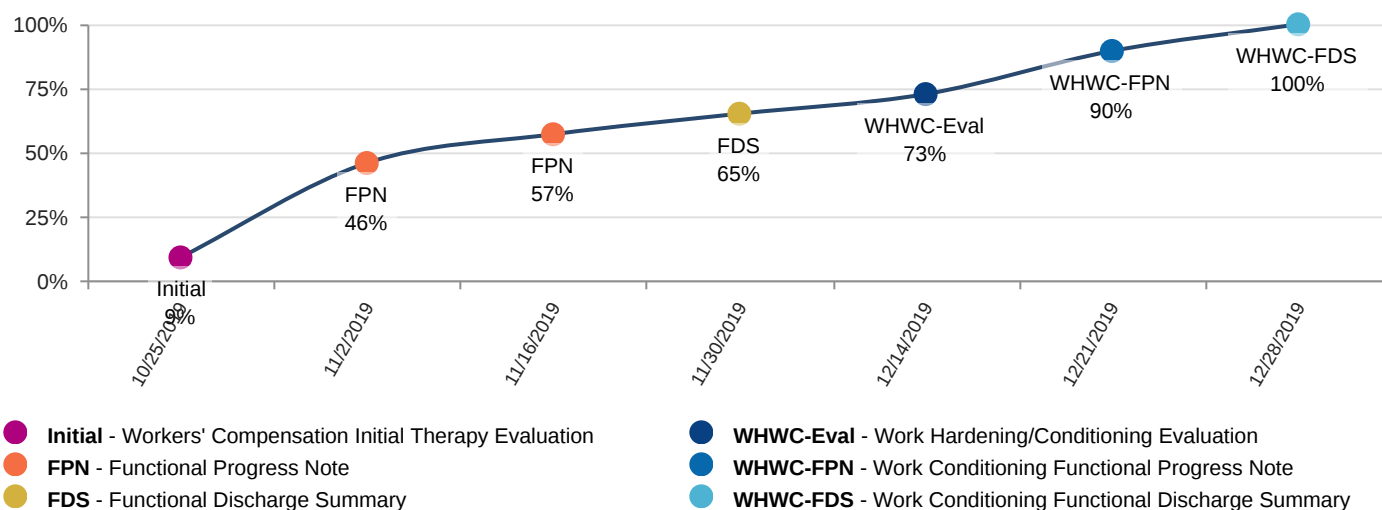


Work Conditioning Functional Discharge Summary

Client: Jane Q Tees
Gender: Female
Diagnosis: S/P Left Radial/Ulnar Fracture
Referring Physician: Joseph Smith, D.O.

Date of Birth: 11/16/1970
Visit Date: 12/28/2019
Employer: ABC, Inc.
Occupation: Truck Driver
Job Title: Truck Driver
Date of Injury: 7/05/2019
Surgery Date(s): 7/6/2019
Evaluator: John Sample, MS, OTR/L

Return To Work Progress



Results

Material Handling Abilities

- Bilateral Lifting: 75 pounds
- Bilateral Carrying: 75 pounds
- Bilateral Shoulder Lifting: 50 pounds
- Pushing: 40 horizontal force pounds
- Pulling: 40 horizontal force pounds

Functional Abilities to Job Demands Match

This client had a Functional Progress Note performed on 12/21/2019 and at this time she demonstrated the ability to perform 89.6% of physical demands of her job. This Work Conditioning Functional Discharge Summary was performed on 12/28/2019 and this client demonstrated the ability to perform 100.0% of the physical demands of her job as a Truck Driver. This is a 10.4% increase in return-to-work function since the previous return-to-work test was performed.

Rehabilitation Recommendations

Client to be DISCHARGED from work conditioning to physician care.

☐ Alter Program as follows: _____

Physician Signature _____ **Date** _____

Client/Occupation Physical Demand Category

Client demonstrated the ability to perform within the HEAVY Physical Demand Category 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 Category.

Goals

1: Client will demonstrate the ability to bilaterally lift 75 pounds from floor to waist level on an occasional basis for return to work at full duty within 6 weeks. (Met)

2: Client will demonstrate the ability to bilaterally carry 75 pounds for 100 feet on an occasional basis for return to work at full duty within 6 weeks. (Met)

3: Client will demonstrate the ability to push and pull 40 horizontal force pounds for 50 feet on an occasional basis for return to work at full duty within 6 weeks. (Met)

4: Client to demonstrate the ability to perform crawling with equal weight distribution to his bilateral upper extremities on an occasional basis for 1 minute duration for an occasional basis within 3 weeks. (Met)

Job Demands Match Table

	Abilities from 12/14/2019 Evaluation	Abilities from 12/21/2019 Assessment	Abilities from 12/28/2019 Assessment	Physical Demands Gathered From Client	Job Demand Match?
Material Handling					
Occasional Squat Lift	40 Pounds	70 Pounds	75 Pounds	75 Pounds	Yes
Occasional Power Lift	40 Pounds	70 Pounds	75 Pounds	75 Pounds	Yes
Occasional Shoulder Lift	20 Pounds	50 Pounds	50 Pounds	50 Pounds	Yes
Occasional Overhead Lift	10 Pounds	40 Pounds	50 Pounds	50 Pounds	Yes
Occasional Unilateral Lift	8 Pounds	25 Pounds	25 Pounds	25 Pounds	Yes
Occasional Bilateral Carry	35 Pounds	45 Pounds	75 Pounds	75 Pounds	Yes
Occasional Unilateral Carry	10 Pounds	25 Pounds	25 Pounds	25 Pounds	Yes
Occasional Pushing	30 HFP	40 HFP	40 HFP	40 HFP	Yes
Occasional Pulling	25 HFP	40 HFP	40 HFP	40 HFP	Yes
Upper Extremity					
Gross Coordination	Frequent	Constant	Constant	Constant	Yes
Fine Coordination	Frequent	Frequent	Frequent	Occasional	Yes
Simple Grasping	Constant	Constant	Constant	Constant	Yes
Firm Grasping	Frequent	Frequent	Frequent	Frequent	Yes
Pinching	Occasional	Occasional	Occasional	Occasional	Yes
Non-Material Handling					
Bending	Frequent	Frequent	Frequent	Frequent	Yes
Squatting	Frequent	Frequent	Frequent	Frequent	Yes
Sustained Kneeling	Occasional	Occasional	Occasional	Occasional	Yes
Repetitive Kneeling	Frequent	Frequent	Frequent	Occasional	Yes
Crawling	Avoid	Avoid	Occasional	Occasional	Yes
Walking	Frequent	Frequent	Frequent	Frequent	Yes
Forward Reaching	Constant	Constant	Constant	Constant	Yes
Above Shoulder Reaching	Frequent	Frequent	Frequent	Frequent	Yes
Climbing					
Stair Climbing	Constant	Constant	Constant	Frequent	Yes
Static Balance	Frequent	Frequent	Frequent	Frequent	Yes
Dynamic Balance	Frequent	Frequent	Frequent	Frequent	Yes
Job Specific Testing					
Two- handed carrying and stair climbing	Avoid	Avoid	Occasional	Occasional	Yes

Medical History and Present Status

Present Status

The client reported that she has no pain in her left wrist. The client reported independence with ADLs. The client stated "I feel really good" and "I think I'm ready to go back to work".

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 Functional Discharge Summary, please feel free to contact me at:

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Electronically Signed/Authenticated by

 AT, ATC

Ken D Follett, AT, ATC | Date: 01/23/2020 11:52:16 AM CST

Licensed and Certified Athletic Trainer