

# Health Tips

from New London Hospital

## What is FCE?

**FCE stands for Functional Capacity Evaluation.** This is an intensive one-day evaluation that focuses on major physical tolerance abilities related to musculoskeletal strength, endurance, speed and flexibility. It is specifically performed to ascertain a person's ability to perform work related physical activities.

An FCE can last between two and eight hours depending on the reasons for referral and the patient's occupation.

**The purpose of an FCE is to determine whether a person is able to return to a prior job and determine any accommodations that may be necessary.** It can also be used to determine if a person is appropriate to be trained for a different job, or if they may be appropriate for SSDI/long-term disability. Assessments performed during the evaluation address the following areas: the client's ability to return to work; the client's physical abilities and tolerances; the client's level of physical effort; and the reliability of pain and disability reports.

**Reliability of Pain and Disability Reports** is a battery of tests designed to better assess the dependability and accuracy of a client's subjective reports of pain and/or disability. Is the client's perceived pain and disability consistent with objective testing? The results from the tests may not match the patient's report on pain and disability. The evaluator does not make judgments as to the reasons for a discrepancy; we simply identify that one exists.

**Patient safety is always a top priority throughout the FCE,** and any limitations regarding heart rate and blood pressure should be communicated with the evaluator prior to the FCE, as the evaluation includes rigorous strength and endurance testing, as well as a thorough chart review and intake interview, musculoskeletal evaluation, positional assessments, and mobility screening.

**If you think you could benefit from an FCE** or if you would like further information about New London Hospital's Sports Medicine and Physical Rehabilitation Services, please call 863-8936. FCE services are provided at the Newport Health Center on 11 John Stark Highway in Newport, NH.



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[www.newlondonhospital.org](http://www.newlondonhospital.org)