The Technology of Human Performance

FUNCTIONALTESTING COURSE

Course Goals: Attendees will develop knowledge of functional testing principles that will enable them to design an evidence-based test protocol, perform functional measurements, and report results of functional/physical capacity addressing specific referral questions.

Instructional Objectives:
Participants will be able to:

- define and apply principles of functional testing,
- identify appropriate tests and measures for the various types of functional testing,
- design an evidence-based Functional Capacity Evaluation,
- perform a Functional Capacity Evaluation using the BTE EvalTech system,
- analyze and interpret data collected, and
- compose a report.

Course Description: This course is designed to increase participants' knowledge about the various clinical applications of BTE equipment in functional testing and documentation of functional capacity. The program will concentrate on testing terminology, functional testing techniques, data analysis and interpretation, and documentation of functional capacity. Learning is achieved through lecture, audiovisual presentations, lab sessions and written materials. Equipment is onsite and utilized for demonstration and lab work.

A certificate of attendance will be provided documenting 14.0 contact hours. Additionally, upon successful completion of a competency test and a passing review of an additional FCE, a Certification in Functional Testing will be earned.

Target Audience: PT, OTR/L

Disclaimer:
Scope of Practice: Course content is not intended for use by participants outside of the regulatory scope of practice of their license(s). Attendees are responsible for knowing what lies within and beyond their professional scope of practice.

FUNCTIONAL TESTING TRAINING AGENDA

All times are approximate.

Day One

08:00 Pre-Test and Introductions
08:10 What is a Functional Evaluation?
- Definition
- General Principals of Functional Testing

Designing an FCE
- Test Format
- Test to Function vs. Capacity
- Approaches to Testing
- Building the Protocol/Template
- Sources of Job Titles
- Physical Demand Characteristics of Work
- Test Termination
- Areas of Observation and Documentation
- Common Errors in Functional Testing
- Limitation of Functional Testing

09:40 Protocol Design Exercise
09:55 Break
10:25 Intake Interview
- Client and Case Information Review
- Job Demand and Demonstrated Physical Abilities Templates
- Intake interview
- Musculoskeletal Screen/Physical Examination

10:55 Lab #2 – Intake interview (Create Client and Case Records)
Break
11:30 Range of Motion Tests
- Range of Motion Tests

12:00 ≈ Lunch
12:30 Isometric Strength Testing
- Hand Grip (Standard, MVE, MMVE, REG)
- Pinch
- Isolated Muscle Strength
- UTM

13:30 Lab #3 – ROM/Strength Testing/UTM
Break
14:00 Custom Strength Tests
- CLC/Grip/Pinch
- UTM

15:00 Labs #4 Custom Strength Test Creation
Break
15:45 Work Simulations
- Dynamic Lift Tests
- Dynamic Carry Tests
- Custom Work Simulation Tests

16:15 Lab #5 – Work Simulation/Dynamic Lift Tests

17:00 Course Concludes

Day Two

08:00 Non-Integrated Tests
08:30 Functional Range of Motion Tests
- Methods-Time Measures
- Importance of Positional Tolerance Testing
- Productivity Measure vs. Positional Endurance

09:00 Lab #6 – FROM Tests/ Non-Integrated Tests
Break
09:55 Data Analysis/Data Review
10:45 Building the Final Report
- Types of Reports
- Report Sections
- Narrative Templates
- Custom Narrative Templates

11:30 Lab #7 – Data Review and Report Creation
12:20 ≈ Lunch
13:00 Final Case Study/FCE Lab Introduction
13:15 Final Case Study/FCE LAB – Perform FCE based on Case Information
- Enter Client Information
- Select/Create Tests/Templates
- Perform Tests
- Data Analysis
- Final Report Build

16:00 Case Review/Group Discussion
16:30 Final Q&A Session and Discussion of FCE Certification Requirements
16:40 Post Test and Course Review
17:00 Course Concludes