

Aquacare Physical Therapy - Salisbury

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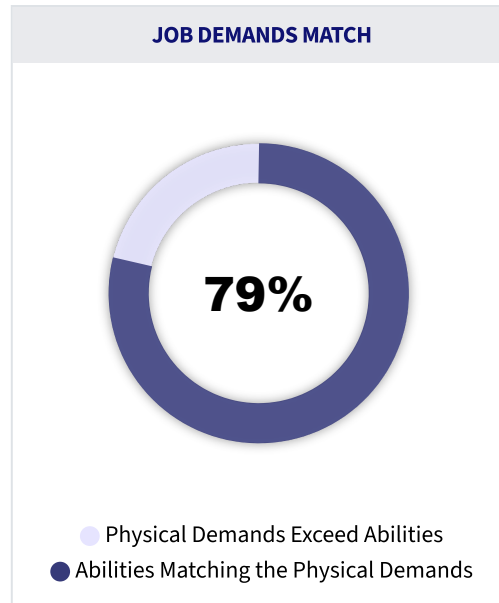
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Work Conditioning Evaluation

Client:	Jane Doe	Date of Birth:	11/10/1990
Evaluation Date:	12/11/2024	Gender:	Female
Diagnosis:	M54.50 Low back pain, unspecified	Employer:	ABC Trucking
Occupation:	Truck Driver	Job Title:	Truck Driver
Insurance/Payor:	ExamWorks	Time In/Out:	08:00 AM - 10:00 AM

Results



Material Handling Abilities

- **Bilateral Lifting:** 50 Pounds
- **Frequent Bilateral Lifting:** 15 Pounds
- **Pushing:** 50 HFP
- **Bilateral Shoulder Lifting:** 40 Pounds
- **Bilateral Carrying:** 50 Pounds
- **Pulling:** 50 HFP

Functional Abilities to Job Demands Match

This Work Conditioning Evaluation was performed on 12/11/2024 and Mrs. Doe demonstrated the ability to perform 79.0% of the physical demands of her job as a Truck Driver. The return to work test items Mrs. Doe was unable to achieve successfully during this evaluation include: Occasional Squat Lift, Occasional Shoulder Lift, Occasional Bilateral Carry, Occasional Pushing, Occasional Pulling, Frequent Squat Lift, Frequent Bilateral Carry.

Rehabilitation Recommendations

Per Physician approval the client would benefit from participating in 4 weeks of a skilled Work Hardening/Work Conditioning program to be performed at 3.5+ hours per day, Monday through Friday, with a focus on improving their strength and conditioning to allow full duty return to work.

☐ Alter Program as follows: _____

Physician Signature _____ Date _____

Client/Occupation Physical Demand Category

Mrs. Doe demonstrated the ability to perform within the MEDIUM Physical Demand Category based on the definitions developed by the US Department of Labor and outlined in the Dictionary of Occupational Titles, which is below her jobs demand category. It should be noted that Mrs. Doe's job as a Truck Driver is classified within the HEAVY Physical Demand Category.

Goals

- #2:** Client to demonstrate the ability to occasionally squat lift 75 pounds for full duty return to work within 3 weeks.
- #3:** Client to demonstrate the ability to occasionally shoulder lift 50 pounds for full duty return to work within 3 weeks.
- #4:** Client to demonstrate the ability to occasionally bilateral carry 75 pounds for full duty return to work within 3 weeks.
- #5:** Client to demonstrate the ability to occasionally pushing 75 hfp for full duty return to work within 3 weeks.
- #6:** Client to demonstrate the ability to occasionally pulling 75 hfp for full duty return to work within 3 weeks.

Summary

Limiting Factors Noted During Testing

During this evaluation, Mrs. Doe was unable to achieve 100% of the physical demands of her job/occupation. The limiting factor(s) noted during these objective functional tests included: Mechanical Deficits, Substitution Patterns and Inadequate Strength.

Job Demands Match Table

Vocational Status

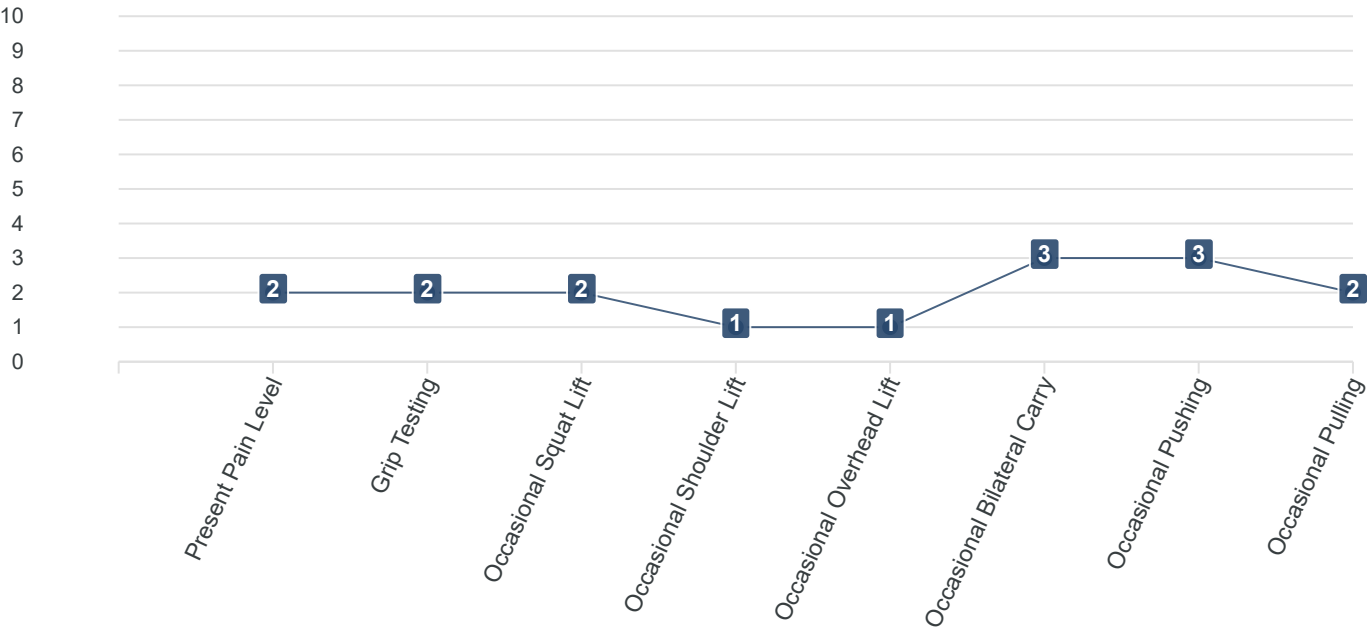
The physical demands for this evaluation were gathered from a Job Description.

	Abilities from 12/11/2024 Evaluation	Physical Demands Gathered From Job Description	Job Demand Match?
Material Handling			
Occasional Squat Lift	50 Pounds	75 Pounds	No
Frequent Squat Lift	15 Pounds	25 Pounds	No
Occasional Shoulder Lift	40 Pounds	50 Pounds	No
Occasional Overhead Lift	25 Pounds	25 Pounds	Yes
Occasional Unilateral Lift	25 Pounds	25 Pounds	Yes
Occasional Bilateral Carry	50 Pounds	75 Pounds	No
Frequent Bilateral Carry	15 Pounds	25 Pounds	No
Occasional Unilateral Carry	25 Pounds	25 Pounds	Yes
Occasional Pushing	50 HFP	75 HFP	No
Occasional Pulling	50 HFP	75 HFP	No
Upper Extremity			
Simple Grasping	Constant	Constant	Yes
Firm Grasping	Occasional	Occasional	Yes
Pinching	Frequent	Occasional	Yes
Non-Material Handling			
Bending	Frequent	Frequent	Yes
Squatting	Frequent	Frequent	Yes
Walking	Frequent	Frequent	Yes
Forward Reaching	Frequent	Frequent	Yes
Above Shoulder Reach	Frequent	Frequent	Yes
Climbing			
Stair Climbing	Occasional	Occasional	Yes
Job-Simulated Functional Abilities			
Climbing in and out of truck cab	Not Tested	Occasional	No
Climbing in and out of truck trailer	Not Tested	Occasional	No

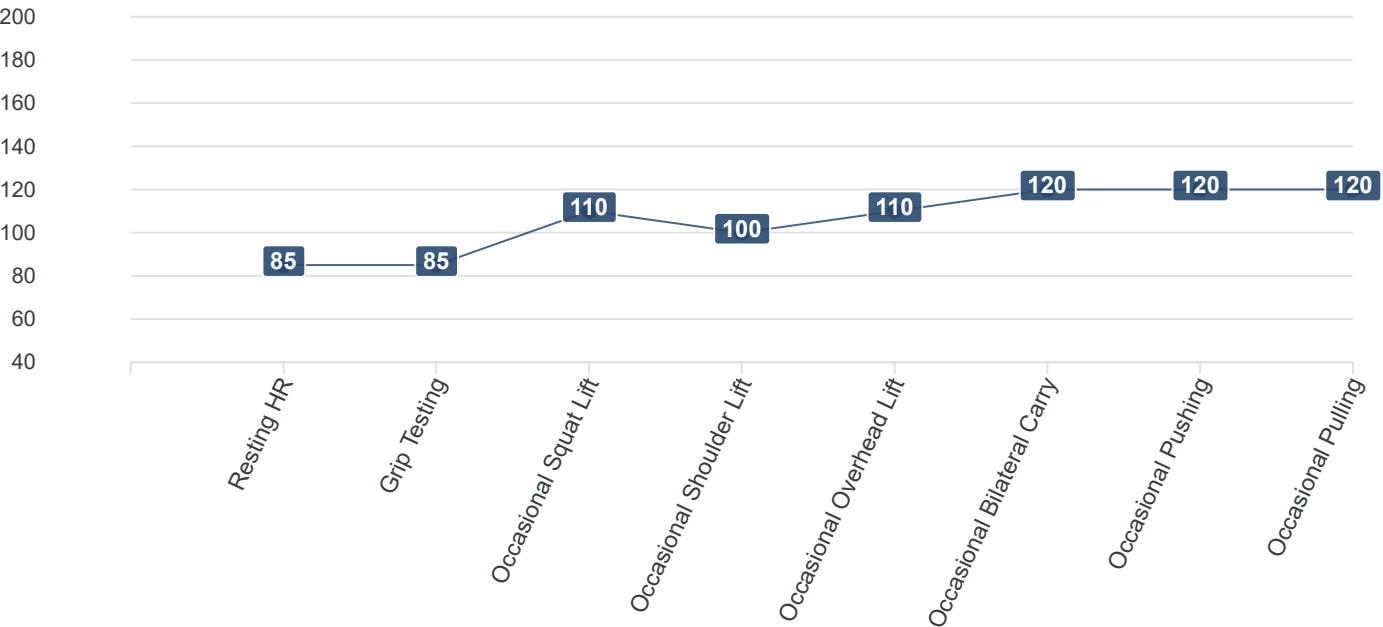
Basic Diagnostics

Resting Heart Rate:	85 bpm	Weight:	200 pounds
Resting Blood Pressure:	120/80 mmHg	Age:	34
Aerobic Limiting Factors:	158 bpm	Weight Limiting Factors:	120 pounds
Present Functional Pain Level:	2		

PAIN RATING SUMMARY



HEART RATE SUMMARY



Medical History and Present Status

History of Present Condition

The client was lifting boxes at work and felt sudden low back pain. They have participated in 16 visits of outpatient therapy at the same clinic and now has been referred to work conditioning.

Past Medical History

The client denied any past medical history that may affect this assessment.

Present Status

The client reported that she is currently feeling "dull and achy" discomfort in her low back. 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 playing with her kids aggressively. She reported compliance to performing her home exercise program daily. She stated that therapy has been of great benefit.

Musculoskeletal Testing

Lumbar Range of Motion

Trunk Flexion		Trunk Extension		Right Trunk Rotation		Left Trunk Rotation		Right Trunk Lat Flexion		Left Trunk Lat Flexion	
01/13/2025	Current	01/13/2025	Current	01/13/2025	Current	01/13/2025	Current	01/13/2025	Current	01/13/2025	Current
100%	75	100%	75								

Lumbar Special Tests

Dural Stretch	Negative
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Lumbar Comments

The following special tests were performed and were considered negative: Dural Stretch.

Lower Extremity Range of Motion and Strength

	Right		Left	
	AROM	Strength	AROM	Strength
Hip Flexion	WNL	5/5	WNL	5/5
Hip Extension	WNL	5/5	WNL	5/5
Hip Adduction	WNL	5/5	WNL	5/5
Hip Abduction	WNL	5/5	WNL	5/5
Hip Internal Rotation	WNL	5/5	WNL	5/5
Hip External Rotation	WNL	5/5	WNL	5/5
Knee Flexion	WNL	5/5	WNL	5/5
Knee Extension	WNL	5/5	WNL	5/5
Ankle Dorsiflex	WNL	5/5	WNL	5/5
Ankle Plantar	WNL	5/5	WNL	5/5
Ankle Inversion	WNL	5/5	WNL	5/5
Ankle Eversion	WNL	5/5	WNL	5/5
Great Toe MP Extension	WNL	5/5	WNL	5/5
Great Toe MP Flexion	WNL	5/5	WNL	5/5
Great Toe IP Extension	WNL	5/5	WNL	5/5
Great Toe IP Flexion	WNL	5/5	WNL	5/5

Upper Extremity Musculoskeletal Testing Comments

All UE MMT WFL.

Upper Extremity

Grip Strength

Trial	Right	Left
Trial 1	100	100
Trial 2	100	100
Trial 3	100	100

Coefficient of Variation	Right	Left
CV %	0.0	0.0

Normative Data	Right	Left
Mean	78.7	68
Range	46-137	36-115

Key Pinch Testing

Trial	Right	Left
Trial 1	25	25
Trial 2	25	25
Trial 3	25	25

Coefficient of Variation	Right	Left
CV %	0.0	0.0

Normative Data	Right	Left
Mean	18.7	17.8
Range	13-25	12-26

Grasping

She demonstrated the ability during simple grasping testing, to be able to perform this activity on a CONSTANT basis and firm grasping on an OCCASIONAL basis. She demonstrated a maximum grasping force on the left upper extremity of 100 pounds and the right upper extremity of 100 pounds. Following this test, her heart rate was 85 beats per minute and her pain using the OccuPro functional pain scale was reported at a 2 on this 0-10 functionally based pain scale.

Pinching

Mrs. Tees demonstrated the ability during pinching testing, to be able to perform this activity on a FREQUENT basis. She demonstrated a maximum key pinch force on the left upper extremity of 25 pounds and a maximum key pinch force on the right upper extremity of 25 pounds.

Non-Material Handling

Walking

Mrs. Tees demonstrated the ability during walking testing, to perform this activity on a FREQUENT basis.

Forward Reaching

Mrs. Tees demonstrated the ability during forward reaching testing, to be able to perform this activity on a FREQUENT basis.

Above Shoulder Reaching

Mrs. Tees demonstrated the ability during above shoulder reaching testing, to be able to perform this activity on a FREQUENT basis.

Bending Comments

Mrs. Tees demonstrated the ability during bending testing, to be able to perform this activity on a FREQUENT basis.

Squatting

Mrs. Tees demonstrated the ability during repetitive squatting testing, to be able to perform this activity on a FREQUENT basis.

Occasional Material Handling

Squat Lifting (Floor to Waist)

During Occasional Bilateral Squat Lifting testing, Mrs. Tees demonstrated the ability to lift 50 pounds from floor to waist. Following this test, her heart rate was 110 beats per minute and her pain using the OccuPro functional pain scale was reported at a 2 on this 0-10 functionally based pain scale. The limiting factors noted during this test were mechanical deficits.

Shoulder Lifting

During Occasional Bilateral Shoulder Lifting testing, Mrs. Tees demonstrated the ability to lift 40 pounds to shoulder height. Following this test, her heart rate was 100 beats per minute and her pain using the OccuPro functional pain scale was reported at a 1 on this 0-10 functionally based pain scale. The limiting factors noted during this test were inadequate strength.

Overhead Lifting

During Occasional Bilateral Overhead Lifting testing, Mrs. Tees demonstrated the ability to lift 25 pounds overhead. Following this test, her heart rate was 110 beats per minute and her pain using the OccuPro functional pain scale was reported at a 1 on this 0-10 functionally based pain scale.

Bilateral Carrying

During Occasional Bilateral Carrying testing, she demonstrated the ability to carry 50 pounds. Following this test, her heart rate was 120 beats per minute and her pain using the OccuPro functional pain scale was reported at a 3 on this 0-10 functionally based pain scale. The limiting factors noted during this test were substitution patterns and inadequate strength.

Unilateral Lifting

During Occasional Unilateral Lifting testing, Mrs. Tees demonstrated the ability to lift 25 pounds using her left upper extremity and 25 pounds using her right upper extremity.

Unilateral Carrying

During Occasional Unilateral Carry testing, Mrs. Tees demonstrated the ability to carry 25 pounds using her left upper extremity for 50 feet and 25 pounds using her right upper extremity for 50 feet.

Pushing/Pulling

During Occasional Pushing testing, Mrs. Tees demonstrated the ability to push 50 horizontal force pounds. Following this test, her heart rate was 120 beats per minute and her pain using the OccuPro functional pain scale was reported at a 3 on this 0-10 functionally based pain scale. The limiting factors noted during this test were inadequate strength.

During Occasional Pulling testing, Mrs. Tees demonstrated the ability to pull 50 horizontal force pounds. Following this test, her heart rate was 120 beats per minute and her pain using the OccuPro functional pain scale was reported at a 2 on this 0-10 functionally based pain scale. The limiting factors noted during this test were mechanical deficits and inadequate strength.

Frequent Material Handling

Squat Lifting

During Frequent Bilateral Squat Lifting testing, Mrs. Tees demonstrated the ability to lift 15 pounds from floor to waist.

Bilateral Carrying

During Frequent Bilateral Carrying testing, Mrs. Tees demonstrated the ability to carry 15 pounds.

Climbing

Stair Climbing

Mrs. Tees demonstrated the ability during stair climbing testing, to be able to perform this activity on an OCCASIONAL basis.

ABC Trucking, thank you for the opportunity to work with your client.

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

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Electronically Signed/Authenticated by

Cara Konlian | 09/17/2025 11:04 AM Central Standard Time