

Aquacare Physical Therapy - Salisbury

106 Milford Street, STE 601

Salisbury, MD 21804

☎ (410) 548-7600

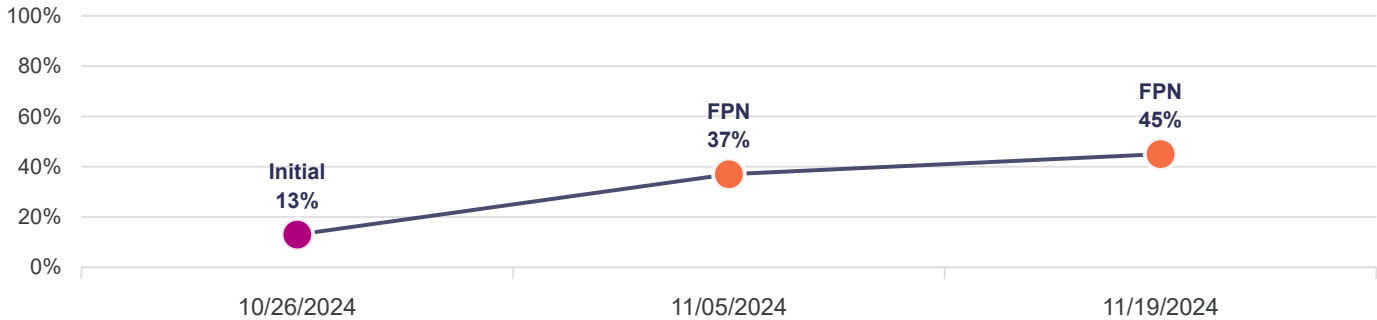
www.aquacarephysicaltherapy.com



Functional Progress Note

Client:	Jane Doe	Date of Birth:	11/10/1990
Visit Date:	11/19/2024	Gender:	Female
Diagnosis:	M54.50 Low back pain, unspecified	Employer:	ABC Trucking
Occupation:	Truck Driver	Job Title:	Truck Driver
Date of Diagnosis:	09/03/2024	Insurance/Payor:	ExamWorks
Visits Scheduled:	12		
Visits Attended:	12		
Visits Missed:	0		

Return to Work Progress



● Initial - Workers Compensation Initial Therapy Evaluation

● FPN - Functional Progress Note

Results

Material Handling Abilities

- **Bilateral Lifting:** 20 Pounds
- **Pushing:** 35 HFP
- **Bilateral Carrying:** 30 Pounds
- **Pulling:** 40 HFP

Functional Abilities to Job Demands Match

Ms. Doe had a Functional Progress Note performed on 11/05/2024 and at this time she demonstrated the ability to perform 37.0% of physical demands of her job. This Functional Progress Note was performed on 11/19/2024 and Ms. Doe demonstrated the ability to perform 45.0% of the physical demands of her job as a Truck Driver. This is a 8.0% increase in return-to-work function since the previous return-to-work test was performed. The return to work test items Ms. Doe was unable to achieve successfully during this evaluation include: Walking, Bending, Squatting, Occasional Squat Lift, Occasional Bilateral Carry, Occasional Pushing, Occasional Pulling.

Rehabilitation Recommendations

Per physician approval, client will continue with skilled outpatient therapy 3x/week for 2 weeks.

☐ Begin Work Hardening/Conditioning WH/WC Start Date _____

☐ Alter Program as follows: _____

Physician Signature _____ Date _____

Goals

- #2: Client to demonstrate the ability to occasionally squat lift 75 pounds for full duty return to work. (Improved)
- #3: Client to demonstrate the ability to occasionally bilateral carry 75 pounds for full duty return to work. (Improved)
- #4: Client to demonstrate the ability to occasionally pushing 75 hfp for full duty return to work. (Improved)
- #5: Client to demonstrate the ability to occasionally pulling 75 hfp for full duty return to work. (Improved)
- #6: Client to demonstrate the ability to perform walking Frequent for full duty return to work. (Improved)
- #7: Client to demonstrate the ability to perform bending Frequent for full duty return to work. (Improved)
- #8: Client to demonstrate the ability to perform squatting Frequent for full duty return to work. (Improved)

Job Demands Match Table

	Abilities from 10/26/2024 Assessment	Abilities from 11/05/2024 Assessment	Abilities from 11/19/2024 Assessment	Physical Demands Gathered From Job Description	Job Demand Match?
Material Handling					
Occasional Squat Lift	0 Pounds	10 Pounds	20 Pounds	75 Pounds	No
Occasional Bilateral Carry	10 Pounds	20 Pounds	30 Pounds	75 Pounds	No
Occasional Pushing	10 HFP	25 HFP	35 HFP	75 HFP	No
Occasional Pulling	10 HFP	25 HFP	40 HFP	75 HFP	No
Non-Material Handling					
Bending	Avoid	Occasional	Occasional	Frequent	No
Squatting	Avoid	Occasional	Occasional	Frequent	No
Walking	Occasional	Occasional	Occasional	Frequent	No

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 Functional Progress Note, please feel free to contact me at:

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Electronically Signed/Authenticated by
Cara Konlian | 09/17/2025 11:02 AM Central Standard Time