



## Functional Testing Course

**Course Title:** Functional Testing

**Course Sponsor:** BTE

**Course Instructors:** (depending on location)  
Janna Jacobs, PT, CHT, CEAS  
Jonathan Cooper, VRT, CEAS  
Jeff Johnson, MA, ATC

### **Course Goals:**

Attendees will develop a 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
- define terminology
- identify appropriate tests and measures for the various types of functional testing
- design an evidence-based Functional Capacity Evaluation
- perform a Functional Capacity Evaluation on computerized system
- analyze and interpret data collected to compose a report

### **Course Description:**

This course is designed to increase participants' knowledge about the various clinical applications of BTE equipment in functional testing. 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 labs.

A certificate of attendance will be provided documenting 18.0 contact hours. Additionally, upon successful completion of a competency test, qualified clinicians may submit an FCE report for Certification in BTE Functional Testing.

### **Target Audience:**

PT, OTR/L

**Disclaimer:** 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 Course Agenda

### Day One

- 2:00 Pre-test and Introductions
- 2:15 What is a Functional Capacity Evaluation?
  - Definition
  - Historical Perspective
  - General Principles of Functional Testing Safe
  - Functional Testing Defined
  - Reliability Validity
  - Practicality
  - Utility
- 3:00 Break
- 3:15 Designing a FCE
  - Test Format
  - Testing to Function vs. Capacity
  - Approaches to Testing
  - Building the Test Protocol/Template
  - Sources of Job Titles
  - Physical Demand Characteristics of Work
  - Areas of Observation and Documentation
  - Determination of Risk Stratification and Test Termination
  - Common Errors in Functional Testing
  - Limitations of Functional Testing
- 4:00 Lab - Create Protocols/Templates
- 4:20 Break
- 4:30 Test Data and Analysis
- 5:20 Break
- 5:30 Lab - Data Analysis with focus on COV, expected trends, cross test analyses
- 6:00 Day concludes

## **Day Two**

- 8:00 Brief review of:  
    General Principles of Testing  
    Designing an FCE
- 8:30 Lab 1 - Calibration
- 9:00 Break
- 9:10 Intake Interview  
    Client and Case Information  
    Job Demands and Demonstrated Physical Abilities Templates
- 9:45 Lab 2 - Intake Interview
- 10:15 Break
- 10:25 Musculoskeletal Screen/Physical Examination  
    Questionnaires Range  
    of Motion Tests  
    Special/Clinical Tests  
    Cardiovascular Tests  
    Other Measures in Physical Examination Template
- 11:15 Lab 3 - Musculoskeletal Screen
- 12:00 Lunch
- 12:30 Isometric Strength Testing  
    Hand Grip (MVE, MMVE, Rapid Exchange, Standard)  
    Pinch  
    Isolated Muscle Testing
- 1:00 Lab 4 - Grip, Pinch, Isolated Muscle Strength Testing
- 1:30 Isometric Strength Testing (continued)  
    Standard NIOSH  
    Horizontal Validity  
    Static Push and Pull using CLC
- 1:50 Break
- 2:00 Lab 5 - Isometric Lift/Push/Pull using CLC
- 2:25 Isometric Strength Testing (continued)  
    Isometric Lift/Push/Pull using UTM  
    Custom UTM Tests
- 2:50 Lab 6 - Isometric Lift/Push/Pull using UTM
- 3:20 Break
- 3:30 Work Simulations  
    Dynamic Lifting Tests  
    Dynamic Carrying Tests  
    Custom Work Simulation Tests
- 3:55 Lab 7 - Work Simulations/Job Specific Testing
- 4:35 Non-Integrated Tests
- 5:00 Day concludes

## **Day Three**

- 8:00 Functional Range of Motion Tests
  - Methods-Time Measurements
  - Importance of positional tolerance testing
  - Difference between using test for productivity measure vs. positional endurance test
- 8:30 Lab 8 - FROM Tests
- 8:55 Break
- 9:05 Data Analysis
  - Use of Effort Analysis
  - Use of Pain and Exertion Profile
  - Use of Performance Charts
- 9:50 Lab 9 - Begin reporting process
- 10:30 Break
- 10:40 Report Writing
  - Types of Reports
  - Report Sections
  - Use of Narrative Templates
- 11:20 Lab 10 - Create Report
- 12:00 Lunch
- 12:30 Lab 11 - Perform FCE based on case study
- 1:45 Break
- 2:00 Lab 11 - Continue FCE, perform data analysis and create and print report
- 3:00 Case Study Group Discussion
- 3:30 Wrap Up
- 3:40 Post-test and Course Evaluation and discuss remaining FCE certification requirements
- 4:00 Course concludes

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