



SAMPLE WORK CONDITIONING INITIAL REPORT

Date

RE: Injured worker

Dear Doctor,

Thank you for referring Mr. Smith to our INERTIA work conditioning program. He was evaluated on January 22, 2018 and has completed three days or 12 hours of the program. Mr. Smith states he sustained a lumbar spine injury in July 2017 while lifting a box and reports low back pain. Client reports he has done physical therapy prior to entering our program.

His sincerity of effort tests below **indicate a behavioral or non-physical component have influenced the test results.**

XRTS Validity of Effort Tests

1. XRTS Hand Strength Assessment:

Hand Dominance: Right

The XRTS Hand Strength Assessment protocol consists of a total of 66 randomized unilateral and simultaneous bilateral trials. The client failed three or more of the validity criteria. As outlined in the User's Guide, this result indicates the strong likelihood that the client was not complying with the test, and the test result is therefore almost certainly invalid.

Descriptions of failed criteria:

- 5 or more COV's $\geq 15\%$
- Mean of COV's $\geq 9.75\%$
- Mean of Selected Bilateral COV's $\geq 10\%$
- 2 or more Bilateral COV's $\geq 20\%$
- Either Bilateral Lateral Pinch $\geq 13\%$

Summary results of unilateral strength testing:

The client produced the following average forces during unilateral testing. Although these results are probably not based on a valid effort, the values below are offered for the record.

Position	Right Mean	Left Mean
Position 2 Grip	48.3 lbs.	84.0 lbs.
2-Point Pinch	14.0 lbs.	16.0 lbs.
3-Point Pinch	15.3 lbs.	20.0 lbs.
Lateral Pinch	23.0 lbs.	23.0 lbs.

2. XRTS Material Handling Assessment: The client was tested for the ability to perform lifting tasks. Unmarked steel weights were used in the "Baseline Dynamic Box Lifting". Corresponding weights and incremental increases in weights were replicated utilizing the XRTS Lever Arm with the following results:

Activity	Baseline Lifts (Unmarked Steel Bars)	XRTS Lever Arm Lifts	Percent Change
Bilateral lift from 20 " to waist	43.45 lbs.	58.12 lbs.	34% Change
Bilateral lift from 15 " to waist	43.45 lbs.	58.12 lbs.	34% Change
Bilateral lift from 10 " to waist	43.45 lbs.	58.12 lbs.	34% Change
Right Unilateral lift from 20 " to waist	40.02 lbs.	52.57 lbs.	31% Change
Left Unilateral lift from 20 " to waist	40.02 lbs.	52.57 lbs.	31% Change

Since the biomechanical positioning is identical during the "Baseline" dynamic lifts and the Lever Arm lifts, a high degree of reproducibility between repeated measures should be present when a maximum safe voluntary effort is given throughout the lifting evaluation. The client failed the validity criteria based on at least three of the following:

1. Average variability between repeated measures on all the lifts was $\geq 25\%$.
2. At least one set of comparative lifts has a variability $>40\%$.
3. At least half of all comparative lifts have variability $>25\%$.
4. Two or more sets of comparative lifts have variability $>30\%$.

Job Description information:

Found here.

This work conditioning program will consist of neuromuscular re-education of proper lifting mechanics, torso stabilization, periodized strength training, cardiovascular conditioning as well as continued emphasis on postural restoration. During this two-week trial of work conditioning further investigation to the level of effort displayed during functional lifting will take place.

If a behavioral component identified with cross-reference distraction based testing continues to be present and disrupting the rehabilitative process or if any indicators of non-compliance such as unreported or excessive lack of attendance, excessive tardiness or verbal expressions of unwillingness to participate in the program, a complete functional capacity evaluation may be recommended.

RANGE OF MOTION/Strength tests/special tests:

Initial		
Shoulder	R	L
Flex	180	180
Ab	180	10
ER	90	90
IR	70	70
Hip		
IR	35	35
ER	50	50

Ober +B
Thomas -B
Hamstrings 90+B

Sincerely,

SM