

Preparing for your Functional Capacity Evaluation

We look forward to assisting you with your Functional Capacity Evaluation and want you to feel confident so that you are able to complete the test to the best of your ability. The test is designed to provide an accurate reflection of your work related capabilities and will be performed in our clinic under the supervision of our certified testing therapist.

Please review the points below in preparation for your upcoming FCE.

Time: The test will take approximately 4-5 hours.

Dress: You will need to wear clothes that are comfortable for moving and bending and non-slip shoes such as tennis shoes or sneakers.

Medications: You should continue taking all medications as usual for the test. Please bring a complete list of your medications, or the medicine bottles, to the test.

Family Members Present: We would prefer that members of your family wait in our lobby during the test or leave and return to pick you up after the test is over. If this will be a problem for you, please contact us in advance.

What to expect: You will be asked to work to your maximum physical abilities on this test but you will not be expected to go beyond your safe maximum.

The clinician administering this test has been trained to observe for signs of maximum effort and will not allow you to exceed this level. If at any time you feel you need to stop the test you will be allowed to do so. Our purpose is to provide an objective, unbiased assessment of your current abilities. Please feel free to call with any questions or issues you wish to discuss prior to the test. Thank you, Wellness Institute Team

Thank you



Call 843.547.4058

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