



## Functional Capacity Evaluation

Helping you to work better:

Guidance on rehabilitation plans

Advice on reasonable adjustments

Identifies which work is appropriate

## What is a Functional Capacity Evaluation?

Functional Capacity Evaluation is an accurate measurement of an individual's physical capabilities. It allows employers, insurers and lawyers to see exactly what work the individual can and can't do.

WorkFuture offers the latest in computerised on-line testing to provide accurate and reliable results using modern technology. It can be used for employees who are on long term absence or employees unable to do their usual work.

## What will it tell you?

As an employer, a Functional Capacity Evaluation gives you guidelines as to what difficulties an employee might have on return to work, whether there are any restrictions or adjustments to the workplace that might be necessary and whether further rehabilitation such as physiotherapy would be useful.

Other factors such as anxiety about their condition or the fear of work aggravating the problem can also contribute to someone being out of work. A FCE will assess not only the physical capabilities but the psychological effects that may be preventing them returning to work.

## What problems can be assessed with a functional capacity evaluation?

Physical problems that are commonly referred for FCE are back pain, neck pain, whiplash, rsi or upper limb disorders, arthritis of the hip and knee joint, shoulder pain, and after orthopaedic surgery. A FCE will use the latest technology to assess an individual's physical ability including movements, strength, posture, balance, coordination, lifting, pushing, pulling, and grip strength.

If you would like to discuss how a Functional Capacity Evaluation can benefit your company and how it can reduce the cost of insurance premiums, litigation, sick pay and absence at your work place please contact us:

0845 450 7316

[info@workfuture.co.uk](mailto:info@workfuture.co.uk)

*"Workfuture have provided and continue to provide us with an excellent OHS. We have found their advice and support invaluable in relation to the health and wellbeing of our employees. The service provided to us is not only efficient and professional but above all, it's tailored to the specific needs of our business."*

HR Manager

*"Workfuture has provided a first class service for many years. They have had a dramatic impact on the effect of musculoskeletal disorders on our business and this has resulted in less reportable disease, lower absence levels and better rehabilitation rates."*

H&S Manager