



### **Functional Capacity Evaluation (FCE):**

An FCE has been scheduled for a full-day of testing at the Harbourview office in Surrey located at:

**Suite 114, 9547 152<sup>nd</sup> Street  
Surrey BC  
V3R 5Y5**

The assessment is called a Functional Capacity Evaluation (FCE), and upon your arrival, the Occupational Therapist will explain the following in more detail:

Interview: You and the Occupational Therapist will be sitting down to discuss the accident, the therapies you have had, your pre-accident and present work and other ongoing problems you are having as a result of the accident. The interview usually runs for 60 minutes.

Questionnaires: The Occupational Therapist will ask you to fill out some questionnaires based on your abilities and restrictions. It typically takes 30 minutes to fill out the questionnaires.

Musculoskeletal Testing: The Occupational Therapist will also assess your joint flexibility and strength, any other structural problems that you have ongoing and your movement patterns.

Lunch Break: 30 minutes (approximately).

Functional Testing: Once you return from lunch, you and the therapist will do what is called "functional testing". This means that the Occupational Therapist will ask you to perform certain activities in particular body positions with specific instructions. *Physical testing may include graded strength activities such as lifting, carrying, pushing and/or pulling; position tolerance activities such as standing, sitting, and/or stooping; and mobility activities such as walking, and/or climbing. An FCE also includes information about an individual's dexterity, coordination, balance, endurance, and other job specific testing.*

Return call or email within a few days: The Occupational Therapist will ask that after a couple of days, that you either call or email the therapist to see how you responded to the testing.

Time: The assessment can vary in length of time. If your assessment begins at 9:00 am in the morning, the assessment usually runs until 4:30 pm or 5:00 pm (7.5 hrs to 8.0 hrs).

Level of Effort: It is important that you work as best and as hard as you can during the assessment.

Re-scheduling: If for some reason you are unable to attend on the day arranged, you should as soon as possible contact your law firm so that other arrangements can be made. Harbourview would appreciate 48 hours notice of a cancellation. Unless it is an emergency, if you have not provided 48 hours notice,

Harbourview has instituted a fee for no shows or late cancellations. You will be billed for a half day (4 hours of occupational therapy time at the regular hourly rate).

**Other instructions:**

Attire: Please dress in something comfortable because you will be performing activities in various body positions (e.g., t-shirt, pants, shorts and running shoes, etc.).

Medication: Please refrain from taking any extra pain medication that is beyond your normal intake; however, if you take pain medication prior to, during or immediately afterwards, please let your therapist know.

**Lunch Room:**

Harbourview has a lunch room where you can help yourself to coffee, tea, or water at any time. We have a fridge and microwave. You are more than welcome to bring a lunch to heat in the microwave. We also have snacks for patients (i.e. fruit, snack bars, and cookies, etc.).

If the conference room is not being used during your lunch break, you can sit in there for more privacy.

If you do not bring a lunch, there are several restaurants nearby, and a convenience store next door to us that has a Subway.

There are two washrooms on the premises.

**Directions:**

We have included a map for your convenience. You can also go online to myTelus for more detailed directions from your location: <http://www.mytelus.com/maps>

Should you have any questions or require additional information (i.e. directions, etc...), please do not hesitate to contact Harbourview at **604-951-4281** from 8:00 am to 4:00 pm. The front desk will put you through to the Occupational Therapist, or if he is busy, we will forward your message to him.

Thank you.

Sincerely,  
Harbourview Rehabilitation  
Occupational Health Consultants Ltd.

