

FCE Definitions

Term	Definition
Bend/Stoop	Bending the body downward and forward by bending spine at the waist. Requires full use of the lower extremities and back muscles. Knees are primarily straight.
Squat partial/full	Partial = to bend your knees and lower your body part way Full = to bend your knees to 90 degrees or greater and lower your body towards your heels
Crouch	Combination of bend and squat
Kneel	At least one knee on floor
Reach forward	Moving the arm(s) away from the body in a forward direction near the waist level
Reach waist to shoulder	Moving the arm(s) upward for objects located between the waist to shoulder level
Work above shoulders	Working with the hand(s) above the shoulder level
Working overhead	Working with the wrists positioned above the top of the head
Wrist flexion/extension	Working with the wrist bent upward at or greater than 45 degrees Working with the wrist bent downward by 30 or more degrees
Forceful grasp	Grasping an unsupported object weighing 10 or more pounds with one hand or gripping with a force of 10 or more pounds per hand
Handle/Grasp	Seizing, holding, grasping, turning, or otherwise working with hand(s). Fingers are involved only to the extent that they are an extension of the hand
Fine Manipulation	Picking, pinching, or otherwise working primarily with fingers rather than with the whole hand or arm as in handling
Vibratory tasks	High impact: Using impact wrenches, carpet strippers, chain saws, percussive tools (jack hammers, scalers, riveting or chipping hammers) or other tools that typically have high vibration levels Low impact: Hand tools that typically have low vibration levels. *Does not include whole body vibration from a vehicle
Dynamic Push	Exerting force upon an object so that the object moves away from the force
Dynamic Pull	Exerting force upon an object so that the object moves toward the force
Seldom	1-10%, 0-1 hour
Occasional	11-33%, 1-3 hours
Frequent	34-66%, 3-6 hours
Constant	67-100%, Not restricted

Supported by members of our Therapy Stakeholder Group

References:

L&I Activity Prescription Form, L&I Caution/Hazard Zones, US Dept of Labor