

Understanding Your Functional Capacity Evaluation

Answers to commonly asked questions about functional capacity evaluations



Why has an evaluation been scheduled for me?

As part of your workers' compensation insurance claim, your attending health-care provider, vocational provider, or claim manager has asked for an evaluation of your physical capacities.

This evaluation may be needed for any of the following reasons:

- To better plan for your return to work.
- To guide recommendations about the type or length of treatment you need to recover and return to work.
- To evaluate your ability to perform work activities.

Who will do the evaluation?

The Department of Labor & Industries has chosen an experienced, licensed physical or occupational therapist to do your evaluation.

What will happen at the evaluation?

The therapist will:

- Interview you about your activities.
- Ask you to sit, stand, walk, use your hands and arms, and handle weight.
- Explain each activity and give you a chance to ask questions.

Evaluations typically last 3–6 hours. This can vary, so contact the clinic for more details.

What is expected of me?

Before the appointment

Let the clinic know if you:

- Need to re-schedule. If you fail to attend without contacting the clinic, they may charge you a no-show fee.
- Need an interpreter, so they can arrange an L&I-approved interpreter.
- Had a recent surgery, severe illness, or other medical condition that would limit your participation.
- Need special arrangements so that you can participate.

Day of the appointment

- Wear loose clothing such as sweats and supportive shoes like athletic shoes or work boots.
- Take your normal prescribed medication.
- Follow the instructions of the therapist.
- Follow any additional instructions from the clinic.

May I bring a friend or relative?

Contact the clinic for their policy about friends and relatives. However, you may not bring children to the evaluation.

What if I have travel expenses?

Complete the attached Travel Reimbursement Request form and send it to your claim manager.

Questions?

Contact your claim manager.

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