

RESIDUAL FUNCTIONAL CAPACITY WITH INJURY TO UPPER EXTREMITY

Name:															
Claim #:															
Date of Injury:															
Please Print Name of Medical Evaluator:															
Medical Specialty:															
What is the first date claimant's impairment(s) became "severe" meaning that they caused interference in ADL's or ability to work?								Date:							
When did you begin treating the claimant?								Date:							
How frequently do you see your claimant?								Date:							
Within a reasonable degree of medical probability:															
Can the claimant reasonably be expected to engage in sustained competitive work 8 hours a day 5 days a week taking into account the totality of his/her functional limitations?								YES <input type="checkbox"/>	NO <input type="checkbox"/>						
How many hours can claimant reasonably expect to sustain competitive work if vocationally and medically compatible work is indentified?					<1	1	2	3	4	5	6	7	8		
Hour(s) each day:															
Are assistive device(s) medically required and/or prescribed?					YES <input type="checkbox"/>					NO <input type="checkbox"/>					
Arm Brace(s)	Back Brace	Walker	Cane	Wheel Chair	Scooter	Other:									
The claimant's dominant upper extremity is:								RIGHT <input type="checkbox"/>		LEFT <input type="checkbox"/>					
The claimant's affected upper extremity is:								RIGHT <input type="checkbox"/>		LEFT <input type="checkbox"/>					

EXERTIONAL PHYSICAL DEMANDS: (SIT, STAND, WALK)

How many hours of a work day, 8 hours or otherwise, can claimant be expected to sustain competitive work:									
	<1	1	2	3	4	5	6	7	8
Sit									
Stand									
Walk									
Drive									

EXERTIONAL PHYSICAL DEMANDS: (LIFT, CARRY, PUSH AND PULL)

LIFT with RIGHT					
	Not at all	Rarely <5 Min	Occasionally up to 1/3 rd day	Frequently 1/3 rd to 2/3 rd day	Continuously 2/3 rd day or more
< 10 pounds					
10 pounds					
11-20 pounds					
21-25 pounds					
26-50 pounds					
LIFT with LEFT					
	Not at all	Rarely <5 Min	Occasionally up to 1/3 rd day	Frequently 1/3 rd to 2/3 rd day	Continuously 2/3 rd day or more
< 10 pounds					
10 pounds					
11-20 pounds					
21-25 pounds					
26-50 pounds					
CARRY with RIGHT					
	Not at all	Rarely <5 Min	Occasionally up to 1/3 rd day	Frequently 1/3 rd to 2/3 rd day	Continuously 2/3 rd day or more
< 10 pounds					
10 pounds					
11-20 pounds					
21-25 pounds					

Residual Functional Capacity

26-50 pounds					
CARRY with LEFT					
	Not at all	Rarely <5 Min	Occasionally up to 1/3 rd day	Frequently 1/3 rd to 2/3 rd day	Continuously 2/3 rd day or more
< 10 pounds					
10 pounds					
11-20 pounds					
21-25 pounds					
26-50 pounds					
PUSH/PULL					
	Not at all	Rarely <5 Min	Occasionally up to 1/3 rd day	Frequently 1/3 rd to 2/3 rd day	Continuously 2/3 rd day or more
< 10 pounds					
10 pounds					
11-20 pounds					
21-25 pounds					
26-50 pounds					

NON-EXERTIONAL PHYSICAL DEMANDS

	Not at all		Rare 1-5% day		Occasionally up to 1/3 rd day		Frequently 1/3 rd to 2/3 rd day		Continuously 2/3 rd day or more	
Climb Ladders										
Climb Stairs										
Balance										
Kneel										
Stoop										
Crouch										
Crawl										
Reaching: Over shoulders	Right	Left	Right	Left	Right	Left	Right	Left	Right	Left
Reaching: Below shoulders										
Handling										
Fingering										
Feeling										

UPPER EXTREMITIES

Estimate the cumulative duration of an 8-hour work day claimant can use hands/fingers/arms for the following activities:										
	Not at all		Rare (1-5% day)		Occasionally (up to 1/3 rd day)		Frequently (1/3 rd to 2/3 rd)		Continuously (2/3 rd day or more)	
	Right	Left	Right	Left	Right	Left	Right	Left	Right	Left
Simple Grasping										
Fine Manipulation										
Repetitive activities										

FINE MANIPULATION

What degree of pain, if any, will claimant experience when performing <i>competitive</i> work requiring fine manipulation and/or fine dexterity with the affected upper extremity(ies)? <input type="checkbox"/> Mild <input type="checkbox"/> Slight <input type="checkbox"/> Moderate <input type="checkbox"/> Severe <input type="checkbox"/> Other:
What degree of pain, if any, will the claimant experiences when performing <i>competitive</i> work requiring gross manipulation with the affected upper extremity (ies)? <input type="checkbox"/> Mild <input type="checkbox"/> Slight <input type="checkbox"/> Moderate <input type="checkbox"/> Severe <input type="checkbox"/> Other:

Client can use HANDS for repetitive and <i>competitive</i> work for such activities as: (Estimate capacity for each activity)																	
	(# of hours in an 8-hour day)									Duration (# of continuous minutes)							
	<1	1	2	3	4	5	6	7	8	<5 min	5-10	11-15	16-20	21-30	31-45	46-60	Other
Write																	
Keyboard																	
Mouse																	
NECK/HEAD/CERVICAL REGION for repetitive actions such as: (check capacity for each activity)																	
	(# of hours in an 8-hour day)									Duration/Tolerance							
	<1	1	2	3	4	5	6	7	8	<5 min	5-10	11-15	16-20	21-30	31-45	46-60	Other
Physical Activity																	
Neck Flexion/ Extension																	
Neck Rotation																	

LOWER EXTREMITIES

With <i>prolonged sitting</i> should claimant leg(s) be elevated?										<input type="checkbox"/> YES		<input type="checkbox"/> NO		<input type="checkbox"/> Other			
If elevating the leg(s) is required for any reason , how <i>long</i> should they be elevated?																	
Minutes/hours	<5 min	5-10	11-15	16-20	21-30	31-45	1 hour	1 and ½ hour	Other:								
Right																	
Left																	
Both																	
Considering the response supra, please estimate how <i>often</i> the leg(s) should be elevated?																	
Approximately every _____ minutes; and/or every: _____ hour(s)																	
If elevating the leg(s) is required for any reason , how <i>high</i> should they be elevated?																	
<input type="checkbox"/> 1-5inches		<input type="checkbox"/> Up to 10 inches		<input type="checkbox"/> Up to 15 inches		<input type="checkbox"/> Up to 20 inches		<input type="checkbox"/> Up to 25inches		<input type="checkbox"/> >25 inches							
Claimant is restricted from activities involving: (check capacity for each activity)																	
		Restricted	Unrestricted	Comments													
Hazards (moving machinery, heights)																	
Driving Automotive Equipment																	
Exposure to Dust, Fumes, Gases																	
Changes in Temperature																	
Extreme heat																	
Extreme cold																	
Humidity																	
Wetness																	
Noise																	
Vibration																	

SIDE EFFECTS OF MEDICATION

Please list medications for the industrial condition(s), if any?			
Is there a reasonable medical probability that claimant will experience side effects from the industrial medication(s)?			
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Other:			
What side effect(s) are likely to occur, if any?			
Sweating		Dry Mouth	
Weight Loss		Depression	
Drowsiness		Feeling weak	
Difficulty maintaining concentration		Dizziness	
Reduced short term memory		Confusion	
Constipation		Low Energy	

Residual Functional Capacity

Mental/Mood Changes	Headaches						
Blurry Vision	Trouble Sleeping						
Nausea	Loss of Appetite	Other					
Vomiting	Diarrhea	Other					
Sedation	Weight Gain	Other					
Will the claimant experience <i>fatigue</i> due to the side effects from the medication?		YES <input type="checkbox"/> NO <input type="checkbox"/>					
Please list medications for non-industrial condition(s), if any?							
Is there a reasonable medical probability the claimant will experience side effects from <u>non-industrial medication(s)</u> , if any? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, please explain:							
Degrees of Functional Limitations defined: 1. None means no impairment is noted in the functions. 2. Mild implies that any discerned impairment is compatible with most useful functioning. 3. Moderate means that the identified impairments are compatible with some, but not all , useful functioning. 4. Marked is a level of impairment that significantly impedes useful functioning. Taken alone, a marked impairment would not completely preclude functioning, but together with marked limitation in another class, it might limit useful functioning. If appropriate, please choose <u>one</u> of the following definitions of “ off task ” for “ Moderate restriction ” you feel best describes your patient’s loss of useful function expressed as percentile: 1. <input type="checkbox"/> “Off task” 10% of the time over the course of an 8 hour day due to the side effects of medication; 2. <input type="checkbox"/> “Off task” 15% of the time over the course of an 8 hour day due to the side effects of medication; 3. <input type="checkbox"/> “Off task” 20% of the time over the course of an 8 hour day due to the side effects of medication; 4. <input type="checkbox"/> “Off task” ____% of the time over the course of an 8 hour day due to the side effects of medication; Assume that “off task” means an inability to perform the activity and/or a reduction in productivity over the course of an 8 hour work day.							
To what degree will the side effects impair claimant’s ability for concentration, persistence pace <i>separate and apart</i> from the underlying <u>industrial</u> medical condition(s)? <input type="checkbox"/> None <input type="checkbox"/> Mild <input type="checkbox"/> Moderate <input type="checkbox"/> Marked <input type="checkbox"/> Other:							
To what degree will the side effects impair claimant’s ability for concentration, persistence and pace in <i>combination</i> with the underlying <u>industrial</u> medical condition(s)? <input type="checkbox"/> None <input type="checkbox"/> Mild <input type="checkbox"/> Moderate <input type="checkbox"/> Marked <input type="checkbox"/> Other:							
When side effects exist can you estimate the severity? <input type="checkbox"/> None <input type="checkbox"/> Mild <input type="checkbox"/> Moderate <input type="checkbox"/> Marked <input type="checkbox"/> Other::							
Hours	<1	2	3	4	5	6	Other:
Approximate duration of the most severe side effect(s):							
Is claimant allowed to operate machinery or motorized vehicles when experiencing side effects from the medication? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Other:							
Is there a reasonable medical probability that the side effects will reduce claimant’s ability to perform work to a minimum standard of productivity while working? If yes, to what degree: <input type="checkbox"/> None <input type="checkbox"/> Mild <input type="checkbox"/> Moderate <input type="checkbox"/> Marked <input type="checkbox"/> Other:							
Is there a reasonable medical probability that the side effects will reduce claimant’s ability to perform detailed work requiring hand/eye coordination? If yes, to what degree: <input type="checkbox"/> None <input type="checkbox"/> Mild <input type="checkbox"/> Moderate <input type="checkbox"/> Marked <input type="checkbox"/> Other:							
Is there a reasonable medical probability that the side effects will reduce claimant’s cognitive acuity and/or ability to focus on activities such as reading, writing, computer use? If yes, to what degree: <input type="checkbox"/> None <input type="checkbox"/> Mild <input type="checkbox"/> Moderate <input type="checkbox"/> Marked <input type="checkbox"/> Other:							
Is there a reasonable medical probability claimant’s <i>fatigue</i> , if any, due to the combined effects of his or her medical condition(s), will reduce his or her exertional capacity to sit, stand, walk, lift, carry, push and/or pull? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Other:							

REASONABLE ACTIVITIES TO CONTROL AND/OR RELIEVE PAIN

What is the most effective manner for claimant to control or manage his/her pain?									
<input type="checkbox"/> Take Medications <input type="checkbox"/> Apply TENS Unit <input type="checkbox"/> Lie Down <input type="checkbox"/> Recline <input type="checkbox"/> Rest		<input type="checkbox"/> Apply hot/cold packs <input type="checkbox"/> Alternate positions <input type="checkbox"/> Avoid prolonged activities <input type="checkbox"/> Use of supports <input type="checkbox"/> Avoid offending activities			Other:				
Allowance to alternate positions:									
A. Will claimant need an allowance to alternate positions at will?						YES <input type="checkbox"/>	NO <input type="checkbox"/>	Comments:	
B. Will the allowance to alternate positions include the ability to sit, stand, and walk even if only a few steps and/or stretch?						YES <input type="checkbox"/>	NO <input type="checkbox"/>		
C. Please estimate the number of minutes and/or hours claimant is able to sit, stand, or walk <i>at one time without interruption</i> before needing to alternate or change positions:									
Minutes/hours	<5	Up to 5min	Up to 10min	Up to 15min	Up to 20min	Up to 30min	Up to 45min	Up to 1 hour without a break	Up to 2 hours without a break
Sitting									
Walking									
Standing									
D. Please estimate the length of time needed before claimant can resume sitting, standing and walking									
	<1 min	Up to 5 min	Up to 10 min	Up to 15 min	Other:				
Sitting					Other:				
Walking					Other:				
Standing					Other:				

LIE DOWN/RECLINE

Is there a reasonable medical probability that claimant will need to take lie down or recline from work activity during the workday to relieve or control pain? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Other:
If claimant needs to lie down or recline to relive or control pain can you estimate for how <i>often</i> and for <i>how long</i> he or she may have to do so? About _____ minutes; every _____ hour(s)

UNSCHEDULED BREAKS

Is there a reasonable medical probability that claimant will need to take unscheduled breaks from work activity during the workday? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Other:
If claimant needs to take unscheduled breaks to relieve or control pain can you estimate how <i>often</i> and for how long he or she may have to do so? About _____ minutes; every _____ hour(s)

How often during a typical workday will claimant experience fatigue or other symptom severe enough to interfere with <i>attention and concentration</i> needed to perform even simple work tasks as a result of the combination of impairments?				
Not at all	Rare 1-5% day	Occasionally up to 1/3 rd day	Frequently 1/3 rd to 2/3 rd day	Continuously 2/3 rd day or more
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How often during a typical workday will the combination of claimant's impairments interfere with an ability to perform <i>sustained and competitive work</i> ?				
Not at all	Rare 1-5% day	Occasionally up to 1/3 rd day	Frequently 1/3 rd to 2/3 rd day	Continuously 2/3 rd day or more
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To what degree can claimant tolerate <i>work stress</i> as a result of the medical condition(s)?				
Examples of factors that may precipitate work related stress: maintaining speed; precision; persistence and pace; complexity; meeting deadlines; working within a schedule; making decisions; exercising independent judgment; completing tasks; getting to work regularly; remaining at work for a full day.				

Residual Functional Capacity

<input type="checkbox"/> Incapable of “low stress” jobs	<input type="checkbox"/> Capable of low stress jobs
<input type="checkbox"/> Moderate stress is okay	<input type="checkbox"/> Capable of high stress work
Will claimant’s impairments likely to produce “good days” and “bad days”? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Other:	
If yes, please estimate, on average, how many days per month claimant is likely to be absent from work as a result of the impairments or treatment?	
<input type="checkbox"/> Never	<input type="checkbox"/> About three days per month
<input type="checkbox"/> About one day per month	<input type="checkbox"/> About four days per month
<input type="checkbox"/> About two days per month	<input type="checkbox"/> More than four days per month

I declare under penalty of perjury that the information contained in this report and its attachments, if any, is true and correct to the best of my knowledge and belief, except as to information that I have indicated I received from others. As to that information, I declare under penalty of perjury that the report accurately describes the information provided to me and except as noted herein, that I believe it to be true. I also declare under the perjury that this physician has no violated section 139.3 of the Labor Code.

My opinions are expressed to a degree of medical probability, unless otherwise stated.

Signature of Physician _____ Date _____

Additional Comments: _____