



FCE Preparation



I'm Scheduled for an FCE. Now What?

» What Is an FCE?

FCE (Functional Capacity Evaluation) is a set of tests, practices and observations that determine a patient's physical and functional ability to perform certain tasks. FCEs are most commonly used to determine whether a patient can return to work and safely perform their work duties.

» What to Expect

Pre-Exam Questions

- ▶ Because an FCE exam involves a number of physical tests, you will be asked to fill out medical paperwork in advance of your exam.

What to Wear

- ▶ Wear loose-fitting comfortable clothes and sneakers.
- ▶ Leave your jewelry (rings, watches, earrings, etc.) at home. You'll be asked to remove them for the exam.

About the Exam

- ▶ On average, an FCE exam can take about 4 to 6 hours. Be prepared to spend about 4 to 6 hours at the therapy center. You may bring water and a snack in case you get hungry.

** This sheet should not be considered medical advice; if you have questions, you should contact your physician or case manager.*