

Physical Therapy Inc.

Patient: Lumbar, Lenny

Date of Onset: 12/12/02

Date of Test: 8/26/03

Dictionary of Occupational Titles Residual Functional Capacity (DOT-RFC) Battery

Introduction:

This report is rendered as the result of Mr. Lumbar's participation in a functional capacity evaluation (FCE) which occurred on Tuesday, August 26, 2003. This FCE is based on the Dictionary of Occupational Titles-Residual Functional Capacity (DOT-RFC) Battery. The DOT-RFC consists of a battery of job related tasks from job factors defined in the Dictionary of Occupational Titles (DOT). The DOT-RFC battery is one of the few functional capacity evaluations that has been published in peer reviewed journals^{1,2}. The DOT-RFC battery has the distinction of being published in two journals. The importance of publication in a peer reviewed journal cannot be overstated. Unlike the majority of unpublished functional capacity evaluations, the reliability and validity of the DOT-RFC battery has been established^{1,2}.

Definitions:

1. Dictionary of Occupational Titles (DOT) is a U.S. government publication that provides a description of occupational titles for most jobs in the United States, and establishes a strength classification for each of these occupations. These strength classifications are Sedentary, Light, Medium, Heavy, and Very Heavy.
2. Job Factors are specific job related tasks that are defined by the DOT for each occupation. These "job factors" include standing, walking, sitting, lifting, carrying, pushing, pulling, climbing, balancing, stooping, kneeling, crawling, handling, fingering, and feeling.
3. Residual Functional Capacity (RFC) is defined as "the patient's" performance potential for various activities of daily living and vocational tasks.
4. Demand Minimum Functional Capacity (DMFC) is defined as the "least" acceptable level of activity that an individual may possess before returning to work.

Overview:

The RFC accomplishes three specific tasks. First, it is used to establish the degree of a person's medical impairment. Second, it translates that impairment into functional limitations. Third, it determines a person's work capacity based upon those functional limitations. However, testing residual functional capacity may not accurately reveal that a person can return to a specific occupation, as each job description has a minimal or specific work capacity defined as the "demand minimal functional capacity" (DMFC). The DMFC is based on the physical demands of each occupation. This DMFC as established by Fishbain^{1,2} utilizes the DOT to standardize the Demand Minimum Functional Capacity. The establishing of standards allows for accurate assessment of determining if a person can return to an occupation. Therefore, individuals must be able to meet the established DMFC for each job factor as defined in the DOT in order to return to work. The establishing of values for the RFC distinguishes the DOT-RFC from other functional capacity evaluations that do not define the RFC.

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Residual Functional Capacity Classifications:

The following statements reflect the functional status of Mr. Lumbar on Tuesday, August 26, 2003. All statements pertain directly to the specific criteria for each activity performed under the DOT-RFC guidelines. The Demand Minimum Functional Capacity classification is stated when indicated:

1. Mr. Lumbar stood for 30 minutes. His standing tolerance meets the Demand Minimum Functional Capacity requirement of standing for 30 minutes continuously.
2. Mr. Lumbar sat for 30 minutes. His sitting tolerance meets the Demand Minimum Functional Capacity requirement of sitting for 30 minutes continuously.
3. Mr. Lumbar walked for 0.9 miles. His walking tolerance does not meet the Demand Minimum Functional Capacity requirement of walking for one mile continuously.
4. Mr. Lumbar has a maximum lifting capacity of 50.0 pounds. This places him into the medium category for lifting capacity (as defined by the DOT).

Mr. Lumbar has an occasional lifting capacity (0% to 33% of the workday) of 50.0 pounds. His frequent lifting capacity (34% to 66% of the workday) is 25.0 pounds. His constant lifting capacity (67% to 100% of the workday) is 10.0 pounds.

5. Mr. Lumbar has a maximum carrying capacity of 35.0 pounds.

Since Mr. Lumbar fell into a higher DOT category (heavy) for carrying than he did for lifting (medium), the lower DOT category (medium) is chosen to ensure patient safety. Therefore, the revised carrying capacities are as follows:

Mr. Lumbar has an occasional carrying capacity (0% to 33% of the workday) of 25.0 pounds. His frequent carrying capacity (34% to 66% of the workday) is 12.5 pounds. His constant carrying capacity (67% to 100% of the workday) is 5.0 pounds.

6. Mr. Lumbar has a pushing capacity of 50.0 pounds. His pushing capacity does not meet the Demand Minimum Functional Capacity requirement of 100 pounds.
7. Mr. Lumbar has a pulling capacity of 50.0 pounds. His pulling capacity does not meet the Demand Minimum Functional Capacity requirement of 80 pounds.
8. Mr. Lumbar does meet the Demand Minimal Functional Capacity requirement of standing on a narrow beam for at least 30 seconds.

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9. Mr. Lumbar does meet the Demand Minimal Functional Capacity requirement of crouching on a narrow beam for at least 30 seconds.
10. Mr. Lumbar does meet the Demand Minimal Functional Capacity requirement of walking on a narrow beam for at least 6 feet.
11. Mr. Lumbar was able to reach for objects in all directions with both arms. His reaching ability does meet the Demand Minimum Functional Capacity requirement of reaching with the left and/or right arm.
12. Mr. Lumbar was able to climb up and down one flight of stairs. Mr. Lumbar does meet the Demand Minimum Functional Capacity requirement of climbing up and down one flight of stairs.
13. Mr. Lumbar's crouching ability does meet the Demand Minimal Functional Capacity requirement of stooping at least 75° while bending both knees.
14. Mr. Lumbar's stooping ability meets the Demand Minimum Functional Capacity requirement of flexing the trunk at least 75 degrees.
15. Mr. Lumbar did meet the Demand Minimal Functional Capacity requirement of kneeling on one knee and on both knees.
16. Mr. Lumbar is able to crawl on hands and knees. He is also able to crawl on hands and feet. He meets the Demand Minimum Functional Capacity requirement of crawling on hands and knees for six feet and also crawling on hands and feet for six feet.
17. Mr. Lumbar is able to seize an object with his left hand, but he is not able to seize an object with his right hand. He does meet the Demand Minimum Functional Capacity requirement of seizing an object with the left hand, but he does not meet the Demand Minimum Functional Capacity requirement of seizing an object with the right hand.
18. Mr. Lumbar is able to hold an object with either hand. He meets the Demand Minimum Functional Capacity requirement of holding an object using either hand.
19. Mr. Lumbar is able to grasp an object with either hand. He meets the Demand Minimum Functional Capacity requirement of grasping an object using either hand.
20. Mr. Lumbar is able to turn an object with either hand. He meets the Demand Minimum Functional Capacity requirement of turning an object using either hand.

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21. Mr. Lumbar is able to pick up a nut using all fingers of either hand. He meets the Demand Minimum Functional Capacity requirement of picking up a nut using all fingers of either hand.

22. Mr. Lumbar has a left hand tip pinching capacity of 10.0 pounds. His left hand tip pinching capacity meets the Demand Minimum Functional Capacity requirement of 8 pounds.

Mr. Lumbar has a right hand tip pinching capacity of 10.0 pounds. His right hand tip pinching capacity meets the Demand Minimum Functional Capacity requirement of 8 pounds.

23. Mr. Lumbar has a left hand key pinching capacity of 9.0 pounds. His left hand key pinching capacity meets the Demand Minimum Functional Capacity requirement of 9 pounds.

Mr. Lumbar has a right hand key pinching capacity of 9.0 pounds. His right hand key pinching capacity meets the Demand Minimum Functional Capacity requirement of 9 pounds.

24. Mr. Lumbar has a left hand Palmer (3-Chuck) pinching capacity of 10.0 pounds. His left hand Palmer (3-Chuck) pinching capacity meets the Demand Minimum Functional Capacity requirement of 9 pounds.

Mr. Lumbar has a right hand Palmer (3-Chuck) pinching capacity of 10.0 pounds. His right hand Palmer (3-Chuck) pinching capacity meets the Demand Minimum Functional Capacity requirement of 9 pounds.

25. Mr. Lumbar is able to recognize different shapes with his hands. He meets the Demand Minimum Functional Capacity requirement of tactile shape recognition without visual assistance.

26. Mr. Lumbar is able to recognize different sizes with his hands. He meets the Demand Minimum Functional Capacity requirement of tactile size recognition without visual assistance.

27. Mr. Lumbar is able to distinguish between hot and cold with his hands. He meets the Demand Minimum Functional Capacity requirement of tactile temperature recognition without visual assistance.

28. Mr. Lumbar is able to recognize different textures with his hands. He meets the Demand Minimum Functional Capacity requirement of tactile texture recognition without visual assistance.

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Report Summary

Strength Category:

The Dictionary of Occupational Titles places Mr. Lumbar's occupation as a Tractor Mechanic in the medium strength category. Therefore, Mr. Lumbar meets these strength requirements and may return to work as a Tractor Mechanic.

Based on the strength classifications as established by the Dictionary of Occupational Titles, Mr. Lumbar is capable of assuming a position in the medium strength category. His maximum lifting capacity is 50.0 pounds, and his maximum carrying capacity is 25.0 pounds. According to the Dictionary of Occupational Titles, the medium strength category is defined as having the ability to lift 20 to 50 pounds and carry 10 to 25 pounds.

Job Factor Restrictions:

In order for Mr. Lumbar to successfully return to work as a Tractor Mechanic, the following job factor restrictions must be met:

No walking for more than 0.9 miles continuously. (reference section 2)

No pushing more than 50 pounds. (reference section 6)

No pulling more than 50 pounds. (reference section 7)

No seizing of objects with the right hand. (reference section 17)

Patient Strength Capacities			
Strength Category: Medium			
	Occasional	Frequent	Constant
Lifting	50 pounds	25 pounds	10 pounds
Carrying	25 pounds	13 pounds	5 pounds

Clinician's Signature: _____

References:

- 1) Fishbain DA, et al. Measuring residual functional capacity in chronic low back pain patients based on the Dictionary of Occupational Titles, Spine 1994;19(8)872-880.
- 2) Fishbain DA, et al. Validity of the Dictionary of Occupational Titles-Residual Functional Capacity Battery. Clinical Journal of Pain 1999;15(2):102-110.
- 3) U.S. Department of Labor, Employment and Training Administration. Dictionary of Occupational Titles, 4th edition: Supplement. Washington, DC: U.S. Government Printing Office, 1986.