



WHITEHAVEN GROUP

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Revision Period:	
Issue:	
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WHC-FRM-FUNCTIONAL CAPACITY EVALUATION HEAVY

WHITEHAVEN COAL FUNCTIONAL RESULTS SUMMARY

Applicant Name:	DOB:
Position/Role/Site:	Assessment Date:

Results/Restrictions

EXAMPLE DOCUMENT ONLY

Recommendations and Referrals

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Physiotherapist, Exercise Physiologist or Occupational Therapist.	Name:
	Signature:



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PHYSICAL CHARACTERISTICS & CARDIOVASCULAR BASELINE

AGE:	WEIGHT:	HEIGHT:	Resting HR:
Resting SYSTOLIC BP:		Resting DIASTOLIC BP:	
85% HRMax (220-age*.85):		70% HRMax (220-age*.70):	

GRIP STRENGTH TEST

Left Results	1.	2.	3.		
Right Results	1.	2.	3.		
	Average (all ages)	Applicant's average		Above Avg.	Below Avg.
Male	47.3 kg	L.	R.	<input type="checkbox"/>	<input type="checkbox"/>
Female	28.4 kg	L.	R.	<input type="checkbox"/>	<input type="checkbox"/>

Comments and Limitations:

EXAMPLE DOCUMENT ONLY

OBSERVATIONS AND SPECIAL TESTS (SCREENING)

Assessment Item	Findings/ROM/Pain	Overall Comments
Shoulder and scapular Position & Observations		EXAMPLE DOCUMENT ONLY
Empty Can Test		
O'Brien's Test for SLAP Lesion		
Upper Limb Neural Tension Test 1		
Muscle atrophy & asymmetry		
General posture and spine curves		
Pelvic symmetry		
Neural Dynamics – SLR or Slump Test		
Full Squat – Hold 30sec at lowest range.		



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5 Push ups – observe scapular, shoulder and elbow movements		
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JOINT RANGE OF MOTION - comment on movement pattern where required

Movement	Expected Joint Range	✓ or x	Limitations/ Comments/Pain	
Cervical Spine				
Flexion	45°			
Extension	45°			
Lateral flexion	45°	L.		
		R.		
Rotation	60°	L.		
		R.		
Thoracolumbar Spine				
Flexion				
Extension				
Lateral flexion (performed in standing with feet together)	L.			
	R.			
Rotation (performed in sitting with arms across chest)	L.			
	R.			
Shoulder				
Flexion	160°	L.		
		R.		
Extension	40°	L.		
		R.		
Abduction	160°	L.		
		R.		
Horizontal Adduction	Elbow to midline	L.		
		R.		
Internal rotation	HBB to L1/2	L.		
		R.		
External rotation	45°	L.		
		R.		
Elbow				
Flexion	0-150°	L.		
		R.		
Extension	150-0°	L.		
		R.		
Forearm				
Pronation	70°	L.		



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		R.		
Supination	70°	L.		
		R.		
Wrist				
Flexion	60°	L.		
		R.		
Extension	70°	L.		
		R.		
Ulnar deviation	20°	L.		
		R.		
Radial deviation	20°	L.		
		R.		
Hip				
Flexion	120°	L.		
		R.		
Extension	10°	L.		
		R.		
Abduction	45°	L.		
		R.		
Internal rotation at 90°	45°	L.		
		R.		
External rotation at 90°	45°	L.		
		R.		
Knee				
Flexion	120°	L.		
		R.		
Extension	0-10°	L.		
		R.		
Ankle				
Plantar Flexion	45°	L.		
		R.		
Dorsiflexion	20°	L.		
		R.		
Additional findings, tests or comments at assessors discretion:				



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CORE STABILITY	
Grade	Outcomes
<p>Level 1 Begin in supine, crook lying position.</p> <p>Slowly raise 1 leg to 100deg hip flexion and comfortable knee flexion.</p> <p>Opposite leg brought up to same position</p>	<p><input type="checkbox"/> UNABLE to activate transversus abdominis.</p> <p><input type="checkbox"/> Able to activate transversus abdominis in crook lying position.</p> <p><input type="checkbox"/> Able to maintain control of transversus abdominis through Level 1 movement.</p> <p><input type="checkbox"/> Unable to maintain control of transversus abdominis through Level 1 movement.</p>
<p>Level 2 From hip flexed position, slowly lower 1 leg until heel contacts ground.</p> <p>Slide out leg to fully extend the knee.</p> <p>Return to starting flexed position.</p>	<p><input type="checkbox"/> Able to maintain control of transversus abdominis through Level 2 movement.</p> <p><input type="checkbox"/> Unable to maintain control of transversus abdominis through Level 2 movement.</p>
<p>Level 3 From hip flexed position*, slowly lower 1 leg until heel is 12cm above the ground.</p> <p>Slide out leg to fully extend the knee.</p> <p>Return to starting flexed position.</p>	<p><input type="checkbox"/> Able to maintain control of transversus abdominis through Level 3 movement.</p> <p><input type="checkbox"/> Unable to maintain control of transversus abdominis through Level 3 movement.</p>
<p>Level 4 From hip flexed position*, slowly lower both legs until heel contacts ground.</p> <p>Slide out legs to fully extend knees.</p> <p>Return to starting flexed position.</p>	<p><input type="checkbox"/> Able to maintain control of transversus abdominis through Level 4 movement.</p> <p><input type="checkbox"/> Unable to maintain control of transversus abdominis through Level 4 movement.</p>
<p>Level 5 From hip flexed position*, slowly lower legs until heels 12cm above ground.</p> <p>Slide out legs to fully extend the knees.</p> <p>Return to starting flexed position.</p>	<p><input type="checkbox"/> Able to maintain control of transversus abdominis through Level 5 movement.</p> <p><input type="checkbox"/> Unable to maintain control of transversus abdominis through Level 5 movement.</p>

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DYNAMIC TOLERANCES

1. Sharpened Modified Romberg Test – Give applicant up to 3 trials (if required)

TARGET = Maintain balance and posture for 30 seconds or greater

Best Time Achieved:	_____ seconds	Did the applicant meet the 30 seconds or greater target?	<input type="checkbox"/> Yes <input type="checkbox"/> No
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Position:

2. Sustained overhead reach mimicking a task (60 seconds)	<input type="checkbox"/> Yes <input type="checkbox"/> No
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Comments:
 E.g. Fatigue signs, poor biomechanics

FUNCTIONAL & FITNESS TESTS

Cardiorespiratory Fitness - Chester Step Test

<p>Step height (circle): 15cm 30cm</p> <p>50%HR max: _____ bpm</p> <p>80% HR max: _____ bpm</p> <p>85% HR max: _____ bpm</p> <p>Note: HR's that are <50%HRmax & >85%HRmax cannot be used as valid data points.</p>	<p>Predicted VO₂ score</p> <p>Use Step Test graph to calculate:</p> <p>mlsO₂/kg/min</p>
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Rating:

Excellent Good Average Below Average Poor

Step Level	I 0-2min	II 2-4min	III 4-6min	IV 6-8min	V 8-10min
Metronome Pace	60bpm	80bpm	100bpm	120bpm	140bpm
Heart rate @ stage end					
RPE @ stage end (6-20)					

Observations:



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Task		Able	Limited	Unable
Repeated squat Perform 20 full squats				
In line lunge Start in line on floor. Stand. Finish on floor.	R.			
	L.			
Kneeling Start standing lower to kneeling on both knees. Stand again. No hands.	R.			
	L.			

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Manual handling & strength capacity tasks– ideally wearing PPE

1. Ask client to give you some feedback as to the key safety points for particular manual handling task.
2. For all lifting tasks provide brief instruction of task and ask client to attempt an unweighted trial lift using an empty box.
3. Provide education on safe manual handling according to the deviations displayed in practice attempt.
4. Then proceed to a *trial lift (ONE ONLY) of ½ the maximum load* to assess lifting technique.
5. If technique is deemed safe, increase gradually until required limit is reached
6. If technique is not deemed as safe, repeat education and demonstration before progressing
7. Determine client's safe lifting maximum (safest load for three repetitions).

Task	Able	Limited	Unable	Lift progression(circle maximum weight able to be lifted x 3 reps)	HR:
Floor to Waist Lift <u>Max weight: 20 kg</u>				____ kg ____ kg ____ kg <u>Prompting required:</u> Yes <input type="checkbox"/> <u>Comments:</u>	
Waist to overhead lift <u>Max weight: 10 kg</u>				____ kg ____ kg ____ kg <u>Prompting required:</u> Yes <input type="checkbox"/> <u>Comments:</u>	
Unilateral Carry Carry 1 x 10 kg drums/object by side of body for 30 seconds. Each side. If necessary, assess subject with a lower carry weight and progressively increase.				____ kg ____ kg ____ kg <u>Prompting required:</u> Yes <input type="checkbox"/> <u>Comments:</u>	
Bi-lateral Carry Carry 1 x 15 kg object Time: 30 seconds. If necessary, assess subject with a lower carry weight and progressively increase.				____ kg ____ kg ____ kg <u>Prompting required:</u> Yes <input type="checkbox"/> <u>Comments:</u>	



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Other manual handling & strength capacity tasks					
Task	Able	Limited	Unable	Comments:	HR:
<p>Shovelling</p> <p>Shovel (using long or short handle shovel) continuously using safe and optimal technique for the relevant shovel selected.</p> <p>Work at comfortable and steady pace and change sides if necessary.</p> <p>Time: 2 minutes</p> <p style="text-align: center;"><u>OR</u></p> <p>Shovelling simulation (Alternative to shovelling)</p> <p>Hold a 5kg weighted box or object bilaterally;</p> <p>Stand with a split stance leaning slightly forward adjacent to a shelf at waist height;</p> <p>Rotate trunk and position object on shelf;</p> <p>Return the object back to starting position and repeat for 2 min.</p> <p>Work at comfortable and steady pace and change sides if necessary.</p> <p>Time: 2 minutes</p>					
<p>Overall evaluation of manual handling technique (tick) – Excellent <input type="checkbox"/> Good <input type="checkbox"/> Satisfactory <input type="checkbox"/> Poor <input type="checkbox"/></p>					

EXAMPLE DOCUMENT ONLY