



DR MEDICAL SERVICES CAIRNS PTY LTD trading as:

# The Family Practice Medical Centres

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It has been estimated that sprains and strains are costing the Australian coal mining industry around \$30 million per year and about \$150 million per year in hidden or indirect costs. Whilst injury rates are slowly improving, around half continue to be from sprains and strains.

Functional capacity testing in the pre-employment or periodically during employment is increasing in popularity as a risk management tool for controlling sprains and strains in the workplace and to assist in optimising performance and retention of existing workers. These assessments typically consist of a series of tests for mobility, strength, fitness, tolerance to different positions and movements, as well as material handling ability like lifting, carrying, pushing and pulling. Results are often comparable to job demands and assist with decisions regarding job placement and other risk management strategies.

Our Functional Capacity Assessments can include the following, the specific FCA is always at the discretion of the Employer, although we can offer advice if required:

## Postural Tolerance Activities

These have been broken into components of:

- Standing
- Walking
- Sitting
- Climbing
- Sitting – Reaching
- Balance
- Reaching – Overhead
- Crouching
- Reaching – Shoulder
- Step
- Reaching
- Squatting
- Stooping
- Crawling
- Kneeling

## Quadrant Test

## Scoop Test

## Hawkins-Kennedy Test

## Trunk Curl (Sit Up)

## Single Leg Squat

## Grip Strength

## Thomas Test for flexion contracture of the hip

## Modified Thomas Test

## Thomas Test (iliopsoas muscle)

## Standing FFT (PSIS Symmetry Test)

## Stork Stance Phase

## Trunk Strength