**Work Cube**
The work cube is used to measure the patient's ability to lift weight 5-15 lbs from ground level to various heights of 21 inches, 45 inches and 69 inches. The repetitive nature of this task also provides important information on the patient's body mechanics and pacing skills.

The therapist will provide a type-written report of the results to the referring physician. This report may also be provided to parties with an interest in the patient's case, including employers, the Industrial Commission of Ohio, the Bureau of Worker Compensation, insurance carriers, disability claims or legal representation.

**Other standardized tests performed include (but are not limited to):**
- Dynamometer Grip Testing
- Pinch Gauge Testing
- Force Exertional Gauge
- Nine Hole Peg Test
- Purdue Peg Board
- Semmes-Weinstein Monofilament Testing
- Manual Muscle Testing
Physical Capacity Evaluation at South Pointe Hospital

A physical or functional capacity evaluation is a test of one’s ability to work, including tests of strength, flexibility, and material handling ability. A physician’s written prescription is needed in order to be scheduled for the 3 hour comprehensive assessment. An expert physical or occupational therapist will be performing the evaluation one on one with the patient.

Assessment

Individuals referred for the evaluation will be assessed in the following areas:
- Pain
- Sensation
- Range of Motion
- Strength
- Coordination
- Repetitive Endurance
- Working positions and motions
- Lifting capacity
- Body Mechanics

Specialized Equipment

NIOSH Lift Tests

South Pointe has the only computerized static lift testing gauge in the entire Eastern Region Health System. This mobile lift system measures six lifts according to the National Institute of Occupational Safety and Health.

The lift tasks include arm lift, leg lift, floor lift, high near, high far and torso lifts. The computer can determine validity between repetitions as well as the average maximal static lift weight in pounds. Finally, the computer system evaluates the data to provide maximum, occasional, frequent and constant dynamic lift scores.

Valpar

The Valpar 9 unit is used as a baseline measure of the whole body range of motion. Four total movement patterns/transfers are included in this repetitive endurance task. The first transfer requires constant overhead reaching and fine motor coordination. The second transfer involves alternating reaching overhead and reaching at hip level with fine motor coordination. The third transfer requires constant kneeling or crouching and fine motor coordination. Finally, the fourth transfer involves alternating kneeling and reaching at shoulder level.

These scores are then compared to standards to determine if the patient meets the requirements for the task. The percent rate of work is also calculated.