

## **Functional Assessment Muscle Testing**

### ***“Documenting Medical Necessity and Outcome Assessment”***

OBJECTIVE: To examine, test and isolate musculoskeletal injuries which result in measurable functional impairment and reduced range of motion, and to implement a program of rehabilitation designed to restore the patient’s level of function to pre-injury status or maximum medical improvement.

The following report is a clinically objective functional analysis of specific muscles which have been tested for **Peak Force Strength, Endurance, and Power**.

Initial test results provide a baseline study which quantifies soft tissue injury and functional impairment by comparing left and right **Peak Force Strength, Endurance, and Power** deficits.

These test results will also be used to design a specific program for rehabilitation which will isolate and rehabilitate the injured muscle(s) or joint.

Comparative testing will be performed upon completion of each treatment protocol in order to assess the progress achieved, remaining functional impairment, and that it is safe for the patient to proceed with rehabilitation.

Each progress report is a measurement of “outcome assessment” from the previous test, documenting the percentage of improvement in peak force strength and power (strength x endurance = power).

Functional Assessment testing and rehabilitation has proven cost effective by significantly reducing recovery time, hereby returning the patient to work with less time “off the job”.