

Functional Capacity Evaluation

Lincoln Orthopedic Physical Therapy is pleased to announce its implementation of the XRTS lever arm into our FCE process. Our experienced therapists continue to improve the FCE test with advanced training and evidence-based testing to better serve the patient and referral sources. Contact Bruce Bednar, OTR/L, CHT, CWCE or Jake DeNell, PT, OCS, CWCE, CEAA for more information on the XRTS protocol or to schedule an appointment.

Your Therapists of Choice

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Our FCE's Just Got Better





Bruce Bednar
OTR/L, CHT, CWCE



Jake DeNell
PT, OCS, CWCE, CEAA

Credentialed in Matheson, Blankenship, ErgoScience, and XRTS systems, Medical Impairment Ratings, and over 4000 FCE's performed, with a combined 40 years of experience in FCE testing.

What is XRTS?

The XRTS Material Handling assessment uses a repeated measures protocol during the lifting assessment to maximize the objectivity of conclusions regarding validity of effort and maximum lifting capacities. This facilitates fair and legally defensible conclusions regarding functional capacity, moving each case forward in the return to work process.

What is it?

The mechanics of using the XRTS Lever Arm are identical to the mechanics of lifting a crate or box of weights. Therefore, the directions given the patient prior to the Lever Arm testing are identical to those given during box and crate lifts. The differences between the XRTS methodology and standard testing practices occur in the selection of the workloads for the Lever Arm and the mechanical process of selecting and changing workloads on the testing device.

As always, we look forward to working with you to better serve your clients. We would like to extend an invitation for you to stop by our clinic or call for more information to see the XRTS lever arm and to check out the testing process. If you would like more information about this topic, please contact:

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