

ORTHOILLINOIS
OCCUPATIONAL HEALTH & REHABILITATION SERVICES



Our goal is to bring a higher level of objectivity to minimize contentious litigation on compensatory claims.

OrthoIllinois' WorkRightSM Department offers a great option to approaching the issue of assessing validity of effort, the **XRTS Cross-Reference Testing System**.

An objective and robust assessment of validity of effort must be employed during the FCE. This ensures the conclusions related to a subject's ability to return to work are legally defensible. FCEs have historically attempted to provide evidence of "capacity" by relying on:

Visualization of Effort

Isometric Assessment

Heart Rate and other Physiological Signs

Isokinetic Assessments

While these measurements may be relevant, they **DO NOT** address the **VALIDITY** of the subject's effort, which is the often most important component of the test result. **XRTS provides the critical components of legally defensible and accurate functional capacity evaluation.**

▲ **Objective.** The subjective opinion of the testing clinician is removed. Decisions are scientifically backed and legally defensible.

▲ **Cost Effective.** A legally defensible, objective test is more cost effective. Why? The information helps providers and referral sources close claims, period.



Rachel Viel, MS, PT, CWcHP
Certified in XRTS FCE Protocol

▲ **The PRIMARY TENETS OF XRTS:**

1. Repeated measures.
2. Distraction-based testing methodology.
3. Standardized statistical analysis of the amount of variability between repeated measures that is applied the same way every time.

▲ **The XRTS LEVER ARM.** The XRTS Lever Arm uses a repetitive measures protocol during the lifting assessment to maximize the objectivity of conclusions regarding validity of effort and maximum lifting capabilities. This facilitates fair and legally defensible conclusions regarding functional capacity, moving each case forward in the return to work process.

▲ **The XRTS HAND STRENGTH ASSESSMENT.** Shown to be 99.5% accurate in classifying validity of effort in a study published in the Journal of Hand Therapy.



TO SCHEDULE XRTS SCREENINGS CALL 779-774-1293