Interpretation/Assessment: Self-Report Measures; Actual Performance Measures; Pain During Performance Measures

Proportionate Credible	Not Proportionate Not Credible	Not Proportionate Uncertain Credibility
Self-perceived disability is **High** (significant disability) **Low** actual performance **High** level pain irritability during performance measurement *Dysfunctional& Painful*	Self-perceived disability is **High** (significant disability) **High** actual performance **High** level pain irritability during performance measurement *Functional & Painful*	Self-perceived disability is **Low** (not disabled) **Low** actual performance **High** level pain irritability during performance measurement *Dysfunctional & Painful*
Is functional performance test to difficult try easier test? Check secondary exam correct movement see if it decreases pain. Modalities, manual therapy	Is self-report measure to difficult? Is performance test to easy? Check if medical condition is contributing to pain. Check Fear Avoidance Score, & if fear avoidance score is high modalities manual therapy, exercise not indicated. Cognitive Behavioral Therapy, use progression of physical activity/exercise to desensitize patient to fear of activity/exercise. Use "Motivational Interviewing" to negotiate with patient Develop or refer to chronic pain management team Check data base on drug seeking behavior Referral for full Functional Capacity Evaluation Is Physical Therapy indicated? Confront patient, contact lawyer case manager settle case	Is self-report measure to easy? Is performance test to difficult? Design performance test to provide evidence of self-limiting behavior or lack of sincerity (5 position grip strength, sit to stand test requesting max effort) Modality, manual therapy, carefully change movement patterns evaluate results Check emotional state denial versus magnification. Check data base on drug seeking behavior
Self-perceived disability is **Low** (not disabled) **High** actual performance	Self-perceived disability is **Low** (not disabled) **High** actual performance	Self-perceived disability is **Low** (not disabled) **Low** actual physical

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Low level pain irritability during performance measure *Functional& NOT Painful* Is performance test to easy? Encourage general exercise, good to go	**High** level pain irritability during performance measurement *Functional & painful* Is self-report measure to easy? Is performance test to easy? Modalities manual therapy, exercise not indicated, check if medical condition is contributing to pain Referral to chronic pain management team Check data base on drug seeking behavior	performance **Low** level of pain irritability during performance measurement *Dysfunctional & NOT painful* Is self-report measure to easy? Is performance test to difficult? Change movement patterns, corrective exercises
Self-perceived disability is **High** (significant disability) **High** actual physical performance L**ow** level of pain irritability during performance measurement *Functional & NOT Painful* Credible but stoic need to address safety	Self-perceived disability is **High** (significant disability) **Low** actual physical performance L**ow** level of pain irritability during performance measurement *Dysfunctional & NOT Painful* Is self-report measure to difficult? Is performance test to difficult? Check Fear Avoidance Score Use Corrective exercise	