

## RATING EXERCISES – DWC STATEWIDE TRAINING - 2007

### 1) Range of Motion

A 39-year-old janitor (Group# 340) fell from a ladder landing on his right (major) arm. After recovery, shoulder motions were as follows:

Extension =  $20^{\circ}$

Flexion =  $110^{\circ}$

External rotation =  $60^{\circ}$

Internal rotation =  $20^{\circ}$

No loss of abduction or adduction

In addition to shoulder injury, worker fractured wrist resulting in ankylosis in following position:

- $10^{\circ}$  extension
- $0^{\circ}$  radial deviation

Calculate impairment rating for loss of shoulder ROM and convert to PD.

Calculate impairment rating for wrist ankylosis and convert to PD.

Combine PD for shoulder and wrist for a final overall PD rating.

## 2) Carpal Tunnel Syndrome

A 38-year-old high school teacher (Group# 212) developed pain and numbness in the right hand and wrist after several months of typing lesson plans. The treating physician diagnosed carpal tunnel syndrome which resulted in surgery. After optimal recovery time, the worker still had moderate pain with tingling and weakness in the right wrist. Electrodiagnostic studies were markedly abnormal. Sensibility and pinch strength were reduced on the right. The physician described Grade 4 sensory loss of 10% and Grade 4 strength loss 20% for median nerve of the right upper extremity. Calculate impairment and PD.

Calculate the sensory impairment for the right wrist.

Calculate the motor impairment for the right wrist.

Combine the sensory and motor values and convert to whole person (WP) scale.

Convert WP impairment to PD by running the appropriate formula.