

Functional disability:

Health-related factor for workers with a *Musculoskeletal Disorder (MSD)*

Interpretation:

Functional disability has a negative impact on return to work and can prolong the duration of absence of workers with a MSD.

Proposed measurement tool (★★★):

"Physical Functioning" subscale (10 items) of the RAND-36 questionnaire (Hays et al., 1993).

Caution:

This factor can only be evaluated by accredited professionals. Venturing into the evaluation of this factor is therefore prohibited. If you suspect that this factor may be involved, you must rely on the professionals in question. Self-administration or the administration of a questionnaire by an unqualified person may lead to undesirable consequences such as the calculation of erroneous scores and the misinterpretation of results that may result.

However, the elements (items or portion of interview) constituting this tool can provide additional information to other return to work actors or stakeholders, such as the actors from the organization (employer, human resources, supervisor, union representative, etc.). This allows for a better understanding of what the factor implies, which in turn can help to target some more specific elements or needs that would require (1) a possible intervention (using an accredited professional) or (2) adjustments of the organization, especially in terms of prevention.

" Physical Functioning" subscale of the RAND-36 questionnaire

The following items are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much? (Circle one number on each line.

ACTIVITIES	Yes, Limited A Lot	Yes, Limited A Little	No, Not Limited At All
1. Vigorous activities, such as running, lifting heavy objects, participating in strenuous sports	0	50	100
2. Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf	0	50	100
3. Lifting or carrying groceries	0	50	100
4. Climbing several flights of stairs	0	50	100
5. Climbing one flight of stairs	0	50	100
6. Bending, kneeling or stooping	0	50	100
7. Walking more than a mile	0	50	100
8. Walking several blocks	0	50	100
9. Walking one block	0	50	100
10. Bathing or dressing yourself	0	50	100

Scoring instructions

Step 1: Calculate the average of the 10 statements. The final score can therefore range from 0 to 100 points.

Step 2 - Calculate the standardized T-score using this equation:

$$\text{T-score} = \text{Average score (Step 1)} \times 0.10 + 50$$

Interpretation of scores

A lower score indicates greater functional disability, which has a negative impact on return to work