

The Sibley Report

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... the place to find valuable information to help make your job - and your life easier! If you have a topic idea or any other suggestions, please give our Editor - Angie Catenaro - a call. Sibley & Associates is a national disability management firm with a decade of experience, 165 plus healthcare professionals and state-of-the-art technology. Our customers benefit from all the advantages a large company has to offer...while also benefiting from the "small business" customer service philosophy of our dedicated Insurance Services Division.

MTM Testing... Get the Most Out of Your Functional Abilities Evaluations!

Methods-Time Measurement (MTM) testing is an extremely reliable tool that provides the kind of detailed and accurate information you need regarding functional performance. It provides a quantifiable description of the functions required for someone to perform his/her work or activities of daily living.

Developed in the 1940's, MTM was a tool used by Engineers to determine how long the average worker took to perform various tasks. For example, the MTM tool would break down the movements and time involved for a worker to reach, handle, bend and walk when removing widgets from a conveyer belt. This data would then be used to determine a reasonable speed for the widgets to move along the assembly line.

Today, MTM testing is used in some Functional Abilities Evaluations to accurately determine an individual's ability to perform occupational or activities of daily living requirements and at what level.

For example, whether your claimant is employed or not, you still need to know basic movement requirements and if he/she has the ability to perform the activity. The use of MTM testing provides you with a safe and accurate measure of whether your claimant can perform these tasks at an occasional rate (0 to 2.6 hours per day), frequent rate (2.7 to 5.33 hours per day) or constant rate (5.33 to 8 hours per day).

A Functional Abilities Evaluation that uses MTM testing has the content, context criterion, and predicative validity that an evaluation without it might otherwise lack. Overall benefits include:

- Standard, reliable, consistent tool for measuring functional performance that outlines ability to perform various tasks and at what level (occasional, frequent or constant)
- Technology associated with MTM testing provides valid credible, and reliable information to enhance a job match
- Accepted in the Courts and during Arbitration as a valid standard of functional performance
- Accurately tests claimant's ability

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