

Examination:
Tests and Measures

Functional Assessment

Rehab 536

Examination:
Functional Assessment

Identify specific functional limitations

- Examine impact of injury or disability on ability to function in every day life
- Identify activities that
 - cause symptoms
 - are limited by symptoms

➡ Hypothesize underlying impairments

Examination:
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- Nagi Model
 Pathology ↔ Impairment ↔ Functional Limitation ↔ Disability
- International Classification of Functioning Disability and Health (ICF)

Examination:
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- Include all pertinent mobility skills
 - Bed mobility
 - roll, scoot, supine ↔ sit
 - Transfers
 - bed, chair, toilet, floor, stand
 - Balance
 - sitting, standing, static, dynamic, reactive, proactive
 - Ambulation-
 - indoor, outdoor, stairs, ramps
 - W/C propulsion or driving

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- **Gather specific objective, measurable data related to each functional activity**
 - Technique
 - Equipment required
 - Level of assistance required
 - Duration or distance
 - Speed
 - Safety
 - Efficiency

➡ Hypothesize underlying impairments

Examination:
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- Gather objective measures using valid, reliable tests and measures
 - Clearly describe activity
 - Levels of assist
 - Functional balance tests
 - Functional Reach Test (FRT)
 - Timed Up and Go (TUG)
 - Berg Balance Test (BBT)

Examination:
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- Gather objective measures using valid, reliable tests and measures
 - Functional walking tests
 - Tinetti Assessment Tool
 - Dynamic Gait Index (DGI)
 - Gait speed and endurance
 - 10-meter Walk Test
 - 3, 6, 12- Minute Walk Tests

Examination-
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Gentile's Framework- Movement Analysis

- **Action Level**
 - Success
 - Time
 - Level of independence
 - Effort
 - Assistive devices
- **Movement Level- Kinematic Analysis**
 - Phases of the activity
 - Body segments
 - Symmetry

Examination:
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- Testing sequence
 - Efficiency
 - Energy conservation
 - Begin in presenting position
- Plan ahead
 - Gather all equipment and supplies
 - Arrange the testing area
 - Arrange for assistance if needed
- Modify the techniques to the patient's abilities
 - Do not modify standardized tests

References for standardized tests

- Motor Control: Theory and Practical Applications, Shumway-Cook A and Woollacott M. Lippincott Williams and Wilkins, (2001).
- Physical Rehabilitation: Assessment and treatment, 4th edition, O'Sullivan S and Schmitz T. FA Davis Company, Philadelphia (2001).

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Questions???