|  |  |  |  |
| --- | --- | --- | --- |
| To be given to the client at the end of the visit. | | | |
| **Name:** Click here to enter text. | **Date:** Click here to enter text. | | |
| **Age:** Click here to enter text. | **Visit Type:** | In Person | Virtual |
| **Therapist Name:** Click here to enter text. | **Therapist Contact Info:** Click here to enter text. | | |

|  |  |  |  |
| --- | --- | --- | --- |
| **Resting Vital Signs:** | | | |
| Heart rate: | Click here. | bpm | < 50 bpm or > 100 bpm |
| Blood pressure: | Click here. | mm Hg | SBP < 90 mm Hg or > 160 mm Hg  DBP > 100 mm Hg or < 60 mm Hg |
| Pulse oximetry: | Click here. | % (optional) | < 90% |
| **Points of Follow-Up/Concern:** Click here to enter text. | | | |

# General Movement Screen

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| --- | --- | --- | --- | --- |
| **Movement** | **Not  Impaired** | **Impaired** | **Unable to Perform** | **Comments/ Recommen-dations** |
| Turn your head side-to-side, then up and down. |  |  |  | Click here. |
| Stand up from the chair without using your arms,  if possible. |  |  |  | Click here. |
| Raise arms overhead, reach behind back, reach  over shoulder. |  |  |  | Click here. |
| Squat down as if you were going to tie your shoestring. |  |  |  | Click here. |
| Turn 360 degrees one way and 360 degrees another. |  |  |  | Click here. |
| Walk over to a bed or treatment table, lay down flat.  Roll to one side and then the other. Then get back up. |  |  |  | Click here. |
| Get on the floor, lay down flat on your back and try  not to use chair for support (time this). | □ |  |  | Click here. |
| Sit back down in the chair. |  |  |  | Click here. |

# Functional Outcome Measures

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| --- | --- | --- | --- |
| **Test** | **Current Score**  **Date:** Enter date. | **Previous Score**  **Date:** Enter date. | **What Does My Score Mean?** |
| **Chair sit and reach** | Click here. cm | Click here. cm | Below average indicates loss of lower body flexibility. Averages in cm:  60–64: Men: -6.4 to +10 Women: -1.3 to + 13  65–69: Men: -7.6 to +7.6 Women: -1.3 to +11  70–74: Men: -8.9 to +6.4 Women: -2.5 to +10  75–79: Men: -10 to +5.1 Women: -3.8 to +8.9  80–84: Men: -14 to +3.8 Women: -5.1 to +7.6  85–89: Men: -14 to +1.3 Women: -6.4 to +6.4  90–94: Men: -16 to -1.3 Women: -11 to +2.5 |
| Comments: Click here to enter text. | | | |
| **Occiput test** | Distance  Click here. cm | Distance  Click here. cm | >4 cm: Area of concern; recommend clinical assessment of osteoporosis and intervention.  Up to 4 cm: Recommend postural education  and intervention.  0 cm (back of head touches the wall):  No intervention needed. |
| Comments: Click here to enter text. | | | |
| **Short physical performance**  **battery** | Side-by-side: \_\_  Semi-tandem: \_\_  Tandem: \_\_  Single-leg stance: \_\_  Total score: \_\_ /12 | Side-by-side: \_\_  Semi-tandem: \_\_  Tandem: \_\_  Single-leg stance: \_\_  Total score: \_\_ /12 | Inability to hold position for 10 seconds may indicate balance deficits and risk for falls. |
| Comments: Click here to enter text. | | | |
| **Five-Time  Sit-to-Stand** | Click here. secs | Click here. secs | ≥12 seconds: Indicates need for further  assessment of fall risk.  >15 seconds: Indicates risk for recurrent falls. |
| Comments: Click here to enter text. | | | |
| **Test** | **Current Score** | **Previous Score** | **What Does My Score Mean?** |
| **Gait speed  4 meters**  (13.12 feet) | Click here. m/s | Click here. m/s | 0.0–.6m/sec: Indicates need for complete assistance for activities of daily living and likelihood for hospitalization.  (0-.4m/second = household walker.)  0.0–1.0m/sec: Indicates need for intervention  to reduce fall risk.  (.4-0.8m/sec = limited community walker.)  0.8–1.2m/sec: Indicates ability to engage  in community ambulation.  (>.8m/sec = community walker.) |
| Comments: Click here to enter text. | | | |
| **Two-Minute Walk** | Length of loop: \_\_ m  # of loops: \_\_  Partial Distance: \_\_  Total Distance \_\_  HR: \_\_ BP: \_\_  RPE: \_\_ |  | Average scores:  Male 60-69 years: 176-190 meters.  Male 70-79 years: 156-170 meters.  Female 60-69 years: 157-171 meters.  Female 70-79 years: 143-157 meters. |
| Comments: Click here to enter text. | | | |
| **Two-Minute Step (alternate)** | # of steps: \_\_  HR: \_\_  BP: \_\_  RPE: \_\_ |  | <65 steps: Indicates presence of functional loss. |
| Comments: Click here to enter text. | | | |
| **Timed Up and Go** | Attempt 1: \_\_ secs  Attempt 2: \_\_secs | Attempt 1: \_\_ secs  Attempt 2: \_\_ secs | ≥ 12 seconds indicates risk for falling. |
| Comments: Click here to enter text. | | | |

**Personal goals:**

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| --- |
| Click here to enter text. |

**Follow-up plan:**

|  |
| --- |
| Click here to enter text. |

**Template Last Updated:** 11/20/2020

**Contact:** practice@apta.org