

Walking Test

Instructions:

Instruct the person to walk the prescribed distance, turn 180 degrees, walk the return distance, turn 180 degrees, repeating the walking activity until three (or as prescribed) return trips have been completed.



Timing:

Begin timer when the leading foot crosses the start line, and stop when the leading foot crosses the stop line on the return of the third (or as prescribed) return trip.

Data Collection:

The evaluator can edit the distance walked, the number of return trips, the number of trials.

Multiple distance sets can be performed by placing a "/" between the distance measurements, i.e., 12 Ft/20 Ft will set the protocol to run 3 trials at 12 Ft followed by a second set of 3 trials at 20 Ft.

Carrying Test

Instructions:

Instruct the subject to stand in front of a knuckle height shelf, lift the container with the prescribed weight, turn 180 degrees to walk the prescribed distance, turn and walk the return distance to return the container to the shelf.



Timing:

Start the timer when container clears the shelf, stop the timer when the subject crosses the stop line, before they place the container on the shelf.

Data Collection:

The evaluator can edit the amount of weight lifted, the hands used, the distance walked, the number of return trips, the number of trials.

Multiple weight sets can be performed by placing a "/" between the weight amounts, i.e.,

15 Lbs./30 Lbs. will set the protocol to run 3 trials at 15 Lbs. followed by a second set of 3 trials at 30 Lbs

Push / Pull Cart

Instructions:

Instruct the subject to push and then pull the weighted container on a cart through the prescribed distance. As the start and stop time of this test can vary greatly, depending on floor surfaces, cart condition etc., the timing is to be taken during the time the cart is under control and in full motion, and should not include the time when the cart is slowing to a stop. At least 8 feet of full motion push or pull action should be sampled with four to six feet on either end of the course for starting and stopping.



Timing:

After the cart is in control and in motion, begin the timer when the cart leading edge crosses the start line and stop when the cart leading edge reaches the stop line, allowing the slowdown time to occur after the stop line.

Data Collection:

The evaluator can edit the amount of weight (include the cart weight!), the distance pushed, the hands used, the number of trials.

Multiple weight sets can be performed by placing a "/" between the weight amounts, i.e., 40 Lbs./100 Lbs. will set the protocol to run 3 trials at 40 Lbs. followed by a second set of three trials at 100 Lbs.

Balance Test

Instructions:

Instruct the subject to walk a straight line you have taped on the floor, placing one foot in front of the other at a comfortable pace, with the trailing foot placed close to the leading foot, a few inches from each other.



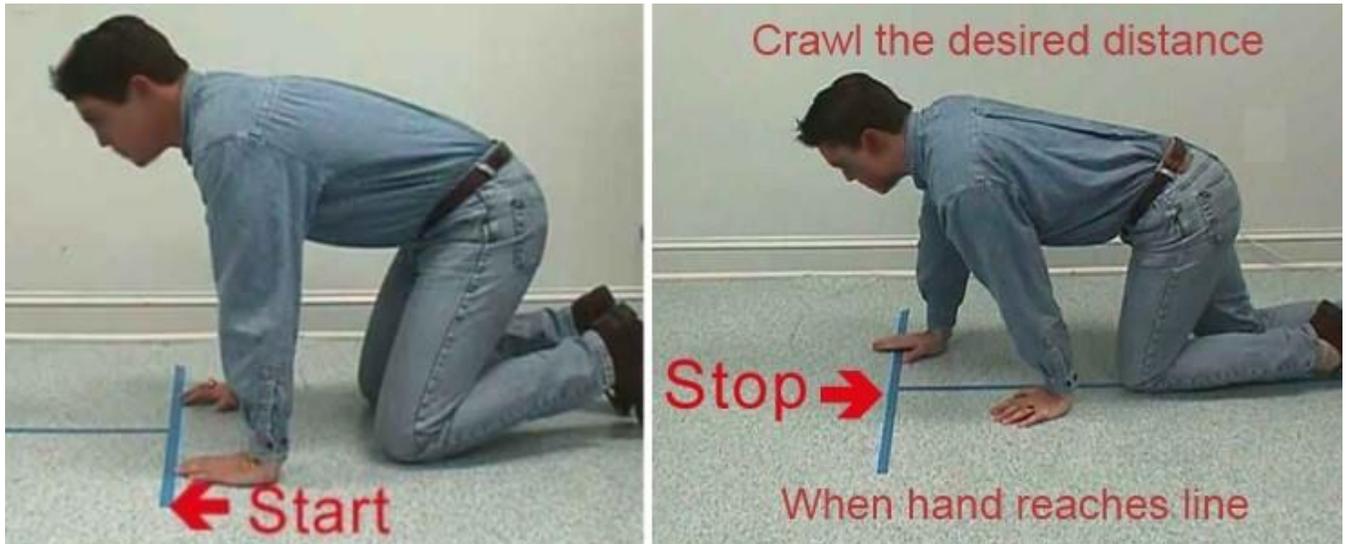
Timing:

Begin the timer when the trailing foot begins to move. Stop the timer when the leading foot finishes the 10th (or as prescribed) pace, but have the subject continue walking through the last pace motion.

Crawl Test

Instructions:

Instruct the subject to crawl the prescribed distance.



Timing:

Begin timer when the leading hand crosses the start line, and stop when the leading hand crosses the stop line.

Bending (Stooping) Test

Instructions:

Instruct the subject to stoop with a hand weight (less than 2 lb. - typically a rubber-headed mallet) grasped in the dominant hand, moving the hand weight from the knuckle height shelf to the floor, touch the weight to the floor, (within 6 inches of the floor is acceptable), then arise from the stoop position and touch the weight to the knuckle height shelf and continue for a total of 6 (or as prescribed) return trips with the weight.



Timing:

Start the timer when the weight leaves the shelf, stop when weight touches the shelf on the 6th (or as prescribed) return trip.

Crouching (Squatting) Test

Instructions:

Instruct the subject to assume a crouch position, with a hand weight (less than 2 lb. - typically a rubber-headed mallet) grasped in the dominant hand. While maintaining a crouch position, the subject will move the weight from the 12-inch height shelf to the floor then back to the 12 inch height shelf for 6 (or as prescribed) return trips.



Timing:

Start the timer when the weight leaves the shelf, stop when weight touches the shelf on the 6th (or as prescribed) return trip.

Kneeling Test

Instructions:

Start in a standing position, as shown, with a hand weight (less than 2 lb. - typically a rubber-headed mallet) grasped in the dominant hand. Instruct the subject to kneel to one knee on the floor, and while remaining in that one-leg kneel position, move the hand weight grasped in the dominant hand from the 12-inch-high shelf to the floor and back to the 12 inch high shelf, and continue for a total of 6 (or as prescribed) return trips with the weight, then arise to a standing position.



Timing:

Start the timer when the subject begins to assume the kneel position and stop when the subject is in a standing position.

Climb Stairs Test

Instructions:

Instruct the subject to walk up a flight of stairs using the foot over foot method.

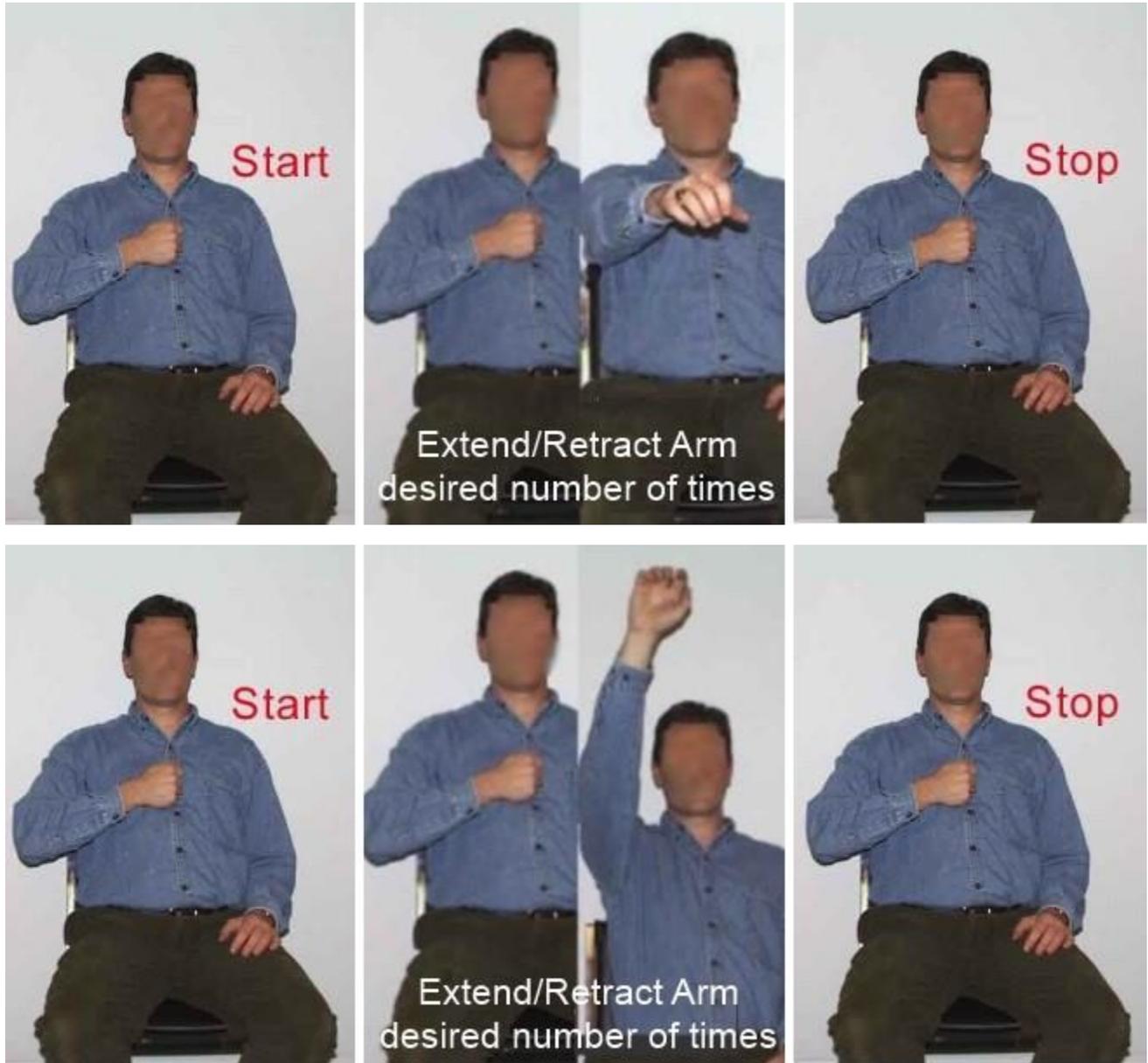


Timing:

Begin timing when the leading foot leaves the lower landing and stop when the trailing foot reaches the top landing.

Reach to Front Test

Instruct the subject to perform a fully extended reach to the front, starting with the hand at the center of the chest, making 6 (or as prescribed) return trips with the arm. This test can be performed with the right and/or left arm, in the sitting and/or standing position, to the immediate and/or overhead plane



Timing: Start when the hand leaves the chest, and stop when the hand touches the chest on the 6th (or as prescribed) return trip.

Data Collection: The evaluator can edit the plane, the position, the number of return trips, the arm used, the number of trials. Multiple sets can be performed by placing a "/" between the plane and/or position fields, i.e., Immediate/Overhead will set the protocol to run 3 trials at the Immediate plane followed by a second set of 3 trials at the Overhead plane

Reach to Side

Instructions:

Instruct the subject to perform a fully extended reach to the side and across the body, starting with the hand at the center of the chest, making 6 (or as prescribed) return trips with the arm. This test can be performed with the right and/or left arm, in the sitting and/or standing position, to the immediate and/or overhead plane

Timing:

Start when the hand leaves the chest, and stop when the hand touches the chest on the 6th (or as prescribed) return trip.

Handling Test

Instructions:

Twelve pegs, arranged in two rows of six pegs, are to be picked up and turned into neighboring holes. There should be an empty row of holes between the two rows of pegs.

When using the Right hand, there should be an empty row of holes to the left of the leftmost row. Each peg will be turned and moved to the hole to the immediate left.

When using the Left hand, there should be an empty row of holes to the right of the rightmost row. Each peg will be turned and moved to the hold to the immediate right.

Instruct the subject to stand in front of the peg board, position the hand on the start switch placed in the center front of the peg board, then reach to the first peg (leftmost row for the right hand, rightmost row for the left hand), move the peg out of its hole, and make a turning motion with the hand to release the peg into the receiving hole. Move the hand to the next peg in that row and continue until all the pegs, in both rows, are in their receiving holes. The last motion is to return the hand to push the start/stop switch.

When using the Right hand, start with the left row and continue with the right row. When using the Left hand, start with the right row and continue with the left row.



Timing:

The timer starts when the subject depresses the start switch and stops when their hand returns and depresses the start/stop button. The subject is required to pick up any dropped pieces and continue until the task is completed, but please note any mishandling in the comments section.

Bi-Manual Handling Test

Instructions:

Twelve pegs are bimanually picked up and moved into neighboring holes. Instruct the subject to position their hand at the start/stop switch placed in the center front of the dexterity cube, then reach to the first two pegs, move the pegs out of their hole, and place the pegs in the receiving holes. Move the hands to the next pegs and continue until all the pegs are in their receiving holes. The last motion is to return the hands to the start/stop switch.

Right handed subjects start at the left top pegs and move from left to right and top to bottom and left handed subjects start at the right top pegs and move from right to left and top to bottom.



Timing:

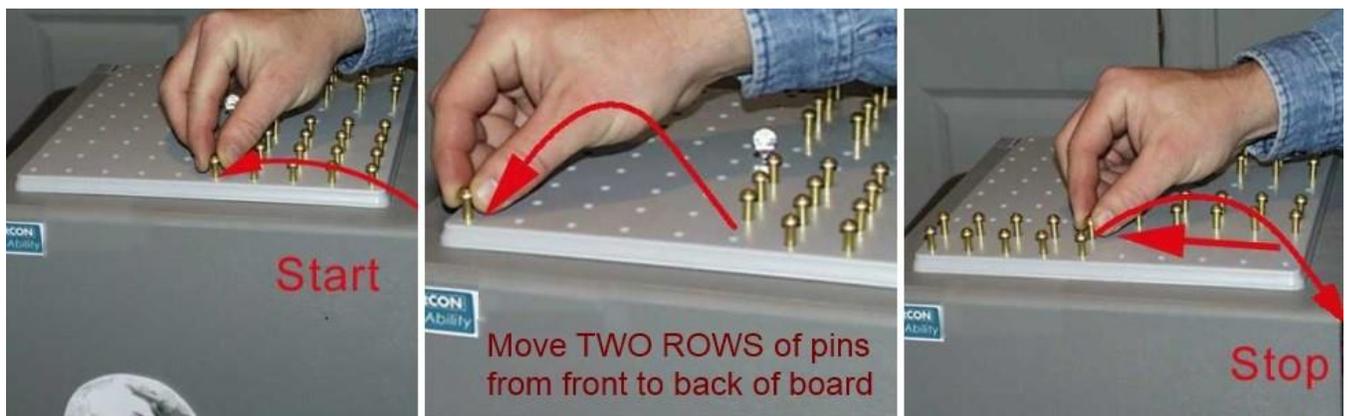
The timer starts when the subject depresses the start switch and stops when their hand returns and depresses the start/stop button. The subject is required to pick up any dropped pieces and continue until the task is completed, but please note any mishandling in the comments section.

Fingering (Finger Dexterity) Test

Instructions:

Ten rivets (two rows of five rivets) are to be moved to corresponding holes on the finger dexterity board. The board is set so the rivets are placed in the front (closer) holes and moved to the back (more distant) holes. Instruct the subject to start with their hand at the start/stop button placed at the front center of the dexterity cube, then reach to the farthest rivet, move it to the farthest hole in that row, reach to the next rivet, move it to the next farthest hole, etc., until all five rivets in each of two rows have been moved and the hand returns to the start/stop switch.

When using the Right hand, start at the leftmost row. When using, the Left hand start at the rightmost row.



Note: The finger dexterity board is normally set up with three sets of ten rivets (total of 30 rivets), so that three sets of Fingering can be performed without stopping to move or reset the rivets. Set up the board with two rows of five rivets, then an empty row, then two more rows of five rivets, then another empty row, then two more rows of five rivets. The purpose of the empty row is to remind the subject to stop moving rivets when he or she reaches an empty row.

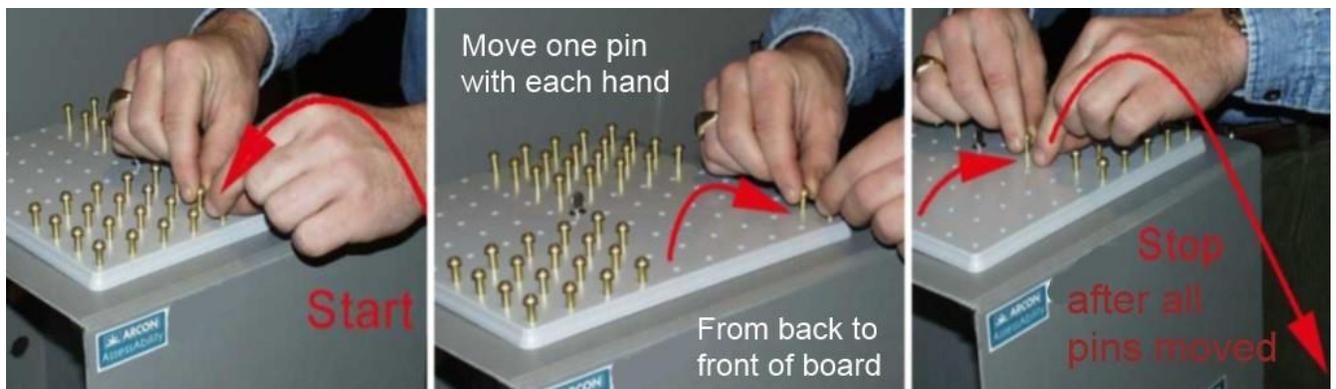
Timing:

The timer starts when the subject depresses the start switch and stops when their hand returns and depresses the start/stop button. The subject is required to pick up any dropped pieces and continue until the task is completed, but please note any mishandling in the comments section.

Bi-Manual Fingering (Finger Dexterity) Test

Instructions:

Twenty rivets (4 columns of 5 rivets) are to be moved, two columns at a time (one column with each hand), to corresponding holes on the dexterity board. The board is set so the rivets are placed in the back (more distant) holes and moved to the front (closer) holes. Instruct the subject to start with their hand at the start/stop button placed at the front center of the dexterity board, then reach to the closest two rivets in the first two columns, move those rivets to the corresponding front most holes, reach to the next rivets, etc., until all five rivets in each column have been moved, then continue with the second two columns, moving the rivets from back to front, and finally have the hands return to the start position.



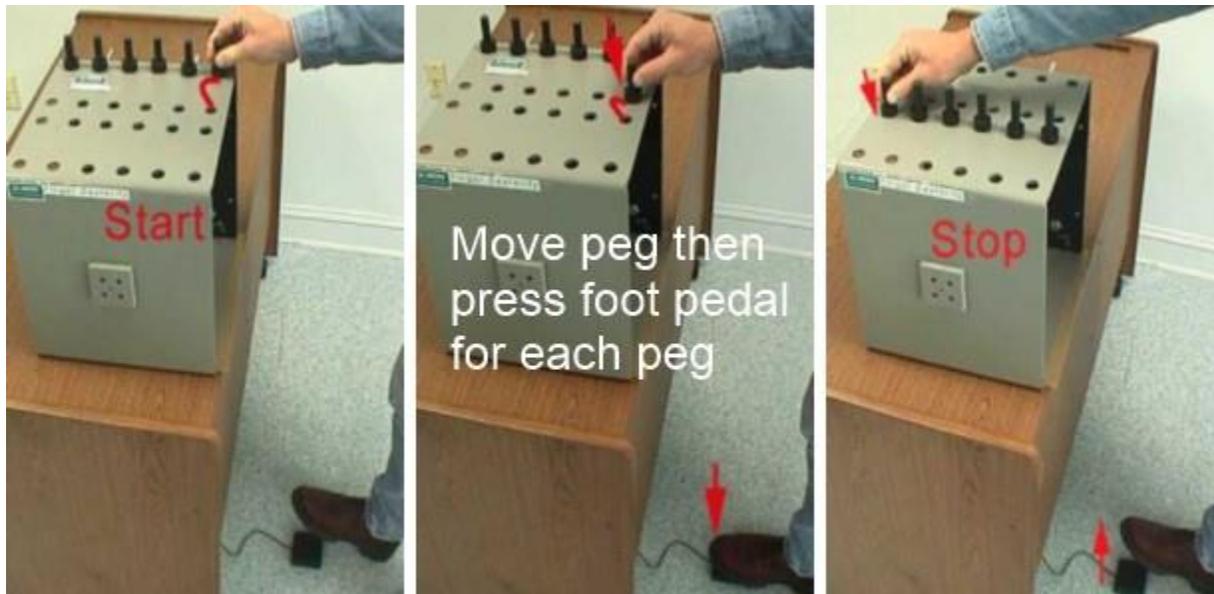
Timing:

The timer starts when the subject depresses the start switch and stops when their hand returns and depresses the start/stop button. The subject is required to pick up any dropped pieces and continue until the task is completed, but please note any mishandling in the comments section.

Eye-Hand-Foot Coordination Test

Instructions:

Place the foot switch on the floor in front of the dexterity board. UNPLUG the foot switch cable, as the foot switch is not used to start and stop the test. Set up a row of pegs in each of the rightmost holes (leftmost for left handed subjects). Instruct the subject to start with their hand placed in the center front of the dexterity board, then on the start command, reach to the first peg, move the peg out of the hole, place the peg in the adjacent hole to the left (to the right for left handed subjects) and SIMULTANEOUSLY depress the foot switch, then move the peg to the leftmost hole (to the rightmost hole for left handed subjects). Move the hand to the next peg and continue until all the pegs are in their receiving holes.



Timing:

The timer starts when the subject's hand moves from the front of the dexterity board, and stops when the last peg move and foot pedal push have been completed. The subject is required to pick up any dropped pieces and continue until the task is completed, but please note any mishandling in the comments section.

Stand/Sit Test

Instruct the subject to sit in a chair. At the start command, have the subject rise to a full standing position, then return to a sitting position. The subject is not to pause between standing and sitting, but the stand and sit should be done in a controlled manner (not "jump" up or "drop" back to chair).



Timing:

Start the timer when the subject moves to attain a standing position. Stop when the subject returns to the sitting position.

Note: This is a short-duration test - be sure to start and stop the timer exactly with the subject's movements to maintain accurate scoring. You may need to practice to get the timing correct.