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| **Allied Health Group** | **Therapy- Initial Assessment Resource (**J Hewitt 2021) | | |
| **RACF NAME** |  | | |
| **Resident Name** |  | | |
| **Date of Assessment:** | | **DOB** | **Gender** |
| **Falls in the past 12 months?** | **[ ]** YES **[ ]** NO | | |
| **Use of walking aid** | **[ ]** NIL  **[ ]**Walking Stick **[ ]**4WW **[ ]**FASF **[ ]**Wheelchair **[ ]**Other | | |
| **Co morbid Conditions** | **[ ]** Anxiety/depression **[ ]** Arthritis **[ ]** Cardiac disease  **[ ]** Cerebro-vascular disease **[ ]** Dementia **[ ]** Diabetes  **[ ]** Hypertension **[ ]** Osteoporosis **[ ]** Pain **[ ]** Parkinson’s Disease  **[ ]** Respiratory disease **[ ]** Rotator cuff injury **[ ]** Syncope **[ ]** Vertigo  **OTHER**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | |
| **Pain –** notes: Eg; agg/ease |  | | |
| **Relevant past surgical history? Eg., THR** | **List and note precautions:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | |
| **Conditions requiring special consideration for exercise? Eg. Diabetes I, Angina etc.** | **List and note management strategies:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | |
| **Joint screen - Functional ROM** (note here any special considerations for exercise prescription) | **[ ]** Ankles (L)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (R) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **[ ]** Knees (L)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (R) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **[ ]** Hips (L)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (R) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_\_**  **[ ]** Wrists (L)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (R) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **[ ]** Elbows (L)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (R) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **[ ]** Shoulders (L)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (R) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | |
| **Relevant medications – Eg., Madopar, Insulin** | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | |
| **Extra notes – Eg., resident preferences** | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | |

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|  | **Short Physical Performance Battery (SPPB)**  Guralnik J et all. A short physical performance battery assessing lower extremity function: Association with self-reported disability and prediction of mortality and nursing home admission. J Gerontol 1994;49:M85eM94 | | | | | | | |
| **Gait speed test**  (2 attempts 3m walk with usual aide at usual pace. Record fastest) | | **TIME** | **Scoring** | | | **Score** | | |
| Unable | | |  | | 0 |
| >6.52 secs | | |  | | 1 |
| 4.66-6.52 secs | | |  | | 2 |
| 3.62 – 4.65 secs | | |  | | 3 |
| <3.62 secs | | |  | | 4 |
| **TOTAL GAIT SCORE** | |  |  | | |  | |  |
| **5 x chair stand test**  (Stand up and sit down 5 times, unaided without using arms of chair) | | **TIME** | **Scoring** | | |  | **Score** | |
| Unable or > 60 secs | | |  | | 0 |
| ≥ 16.7 secs | | |  | | 1 |
| 13.7-16.69 secs | | |  | | 2 |
| 11.2-13.69 secs | | |  | | 3 |
|  | |  | ≤ 11.19 secs | | |  | | 4 |
| **TOTAL CHAIR SCORE** | |  |  | | |  | |  |
| **Balance test** (no hands) | | | **Foot position** | **Time (seconds)** | | **Score** | | |
| **Feet together** | | |  |  | | <10 secs ≥ 10 secs | | 0  1 |
| **Semi -tandem** | | |  |  | | <10 secs ≥ 10 secs | | 0  1 |
| **Tandem** | | |  |  | | < 3 secs  3- 9.9 secs  ≥ 10 secs | | 0  1  1 |
| **TOTAL BALANCE SCORE** | | |  |  | |  | |  |
|  | | |  |  | **TOTAL SPPB SCORE** | | |  |

**SUNBEAM II PROGRAM2**

**PRT Initial Dosage Balance Initial Dosage**

(Resistance to cause RPE of “12-15” after 10 reps)

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise** | | **Hands** | **Reps** |
| Calf raises | | 2H/1H/0H |  |
| Static balance | Feet  A/T/ST/T | 2H/1H/0H |  |
| ROBOS (L) | | 2H/1H/0H |  |
| ROBOS (R) | | 2H/1H/0H |  |
| Recovery steps (L) | | 2H/1H/0H |  |
| Recovery steps (R) | | 2H/1H/0H |  |
| Recovery steps (back) | | 2H/1H/0H |  |
| Recovery steps (front) | | 2H/1H/0H |  |

Abbreviations: Standing = St; Two hands = 2H; One hand = 1H; No hands = 0H; Feet Apart = A; Together = T; Semi-tandem = ST; Tandem = T

|  |  |  |
| --- | --- | --- |
| **Exercise** | **Resistance** | **Position** |
| Knee extensors (L) |  | Seated |
| Knee extensors (R) |  | Seated |
| Knee flexors (L) |  | St/Seated |
| Knee flexors (R) |  | St/Seated |
| Leg Press |  | NA |
| Hip abduction (bilateral) |  | Seated |
| Hip adduction (bilateral) |  | Seated |
| Triceps (L) (use band if unable to do supported dip) |  | Seated |
| Triceps (L) (use band if unable to do supported dip) |  | Seated |

2 Hewitt, JA. Sunbeam II Program, 2021