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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  | 01 |
| **Semi -tandem** |  |  | <10 secs ≥ 10 secs  | 01 |
| **Tandem** |  |  | < 3 secs 3- 9.9 secs ≥ 10 secs  | 011 |
| **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)

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| **Exercise** | **Hands** | **Reps** |
| Calf raises | 2H/1H/0H |  |
| Static balance | FeetA/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

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| **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