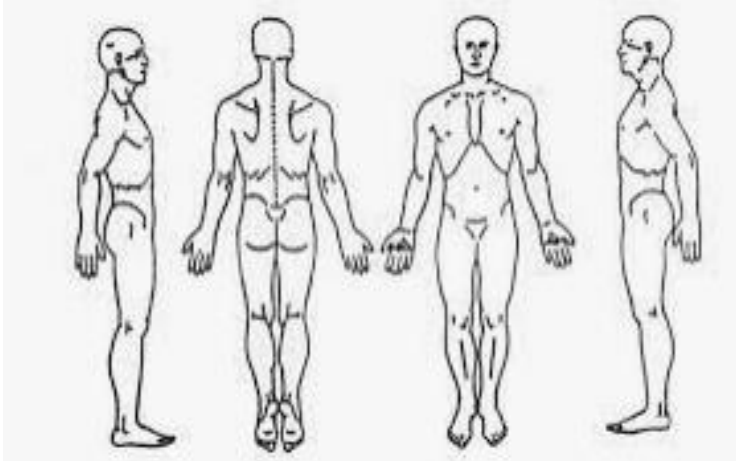





### Allied Health Group Therapy - Initial Assessment Resource

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

### Short Physical Performance Battery (SPPB)

Guralnik J et al. 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
<b>TOTAL GAIT SCORE</b>				
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
<b>TOTAL CHAIR SCORE</b>				
Balance test (no hands)	Foot position	Time (seconds)	Score	
Feet together			<10 secs	0
			≥ 10 secs	1
Semi -tandem			<10 secs	0
			≥ 10 secs	1
Tandem			< 3 secs	0
			3- 9.9 secs	1
			≥ 10 secs	1
<b>TOTAL BALANCE SCORE</b>				
<b>TOTAL SPPB SCORE</b>				

### SUNBEAM II PROGRAM<sup>2</sup>

#### PRT Initial Dosage

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

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

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#### Balance Initial Dosage

Exercise	Hands	Reps
Calf raises	2H/1H/0H	
Static balance	Feet A/T/ST/T	
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