

Physical Performance Test

Scoring Sheet

| | | | Time | Scoring | Score |
|----|---|---------|------|---|-------|
| 1. | Write a sentence. (Whales live in the blue ocean.) | Seconds | | ≤ 10 sec = 4 10.5-15 sec = 3 15.5 - 20 sec = 2 >20 sec = 1 unable = 0 | |
| 2. | Simulated eating | Seconds | | ≤ 10 sec = 4 10.5-15 sec = 3 15.5 - 20 sec = 2 >20 sec = 1 unable = 0 | |
| 3. | Lift a book and put it on a shelf Book PDR, 1988; 5.5 lbs Bed height 59 cm Shelf height 118 cm All sitting with feet on floor | Seconds | | ≤ 2 sec = 4 2.5- 4 sec = 3 4.5 - 6 sec = 2 > 6 sec = 1 unable = 0 | |
| 4. | Put on and remove a jacket. 1. Standing 2. Use of bathrobe; button down shirt; hospital gown. | Seconds | | ≤ 10 sec = 4 10.5-15 sec = 3 15.5 - 20 sec = 2 >20 sec = 1 unable = 0 | |
| 5. | Pick up a penny from floor. | Seconds | | ≤ 2 sec = 4 2.5- 4 sec = 3 4.5 - 6 sec = 2 > 6 sec = 1 unable = 0 | |
| 6. | Turn 360 degrees | | | Discontinuous steps = 0 Continuous steps = 2 Unsteady (grabs, staggers) = 0 Steady = 2 | |
| 7. | 50-foot walk test. Starting sitting for instructions. | Seconds | | ≤ 15 sec = 4 15.5- 20 sec = 3 20.5 - 25 sec = 2 >25 sec = 1 unable = 0 | |
| 8. | Climb one flight of stairs.* | Seconds | | ≤ 5 sec = 4 5.5- 10 sec = 3 10.5 - 15 sec = 2 >15 sec = 1 unable = 0 | |
| 9. | Climb stairs.* | | | Number of flights of stairs up and down (maximum 4) | |
| | TOTAL SCORE (maximum 36 for nine-item, 28 for seven-item) | | | | |
| | (*Round time measurements to nearest 0.5 seconds.) (* omit for 7 item test) | | | 9-item score | |

Physical Performance Test Ppt Study Guide

Kristen Mauk



Physical Performance Test Ppt Study Guide:

Unveiling the Power of Verbal Art: An Psychological Sojourn through **Physical Performance Test Ppt Study Guide**

In a world inundated with displays and the cacophony of quick transmission, the profound power and emotional resonance of verbal artistry often fade in to obscurity, eclipsed by the regular barrage of sound and distractions. However, nestled within the musical pages of **Physical Performance Test Ppt Study Guide**, a charming perform of literary splendor that pulses with fresh emotions, lies an remarkable trip waiting to be embarked upon. Composed by way of a virtuoso wordsmith, this exciting opus books visitors on a psychological odyssey, gently revealing the latent possible and profound influence embedded within the intricate internet of language. Within the heart-wrenching expanse with this evocative evaluation, we will embark upon an introspective exploration of the book is key themes, dissect their captivating publishing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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