

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

Mark Dutton



Physical Performance Test Ppt Study Guide:

Unveiling the Energy of Verbal Beauty: An Mental Sojourn through **Physical Performance Test Ppt Study Guide**

In some sort of inundated with screens and the cacophony of immediate conversation, the profound energy and psychological resonance of verbal beauty frequently diminish into obscurity, eclipsed by the constant assault of sound and distractions. However, nestled within the musical pages of **Physical Performance Test Ppt Study Guide**, a fascinating perform of literary beauty that impulses with raw thoughts, lies an unique trip waiting to be embarked upon. Composed by a virtuoso wordsmith, that enchanting opus manuals visitors on a psychological odyssey, gently exposing the latent possible and profound impact embedded within the delicate web of language. Within the heart-wrenching expanse with this evocative evaluation, we shall embark upon an introspective exploration of the book is central subjects, dissect its charming publishing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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