

Adult /Geri (circle one) Name: S. Leanna Fann

Signature: *[Signature]*

TASK	What's WRONG in the task (think components of task i.e. limited anterior translation)	WHY might it be happening? MULTI SYSTEM	WHY might it be happening? SINGLE SYSTEM	How can you EXAMINE each potential impairment?
Sit to stand		<p>Strength/Power (muscle performance)</p> <p>Sensory</p> <p>Balance</p> <p>Motor control</p> <p>Coordination</p>	<ul style="list-style-type: none"> - decreased power of hip & knee extensors to initiate & perform sit → stand (c/d) - decreased strength of terminal hip & knee extension (c/c) - decreased strength of UE for push up - impaired postural vertical - decreased sensation & proprioception of BLE, impairing positional awareness - decreased ability to evenly distribute weight throughout task - impaired ability to initiate anterior pelvic tilt for initiation of stance - decreased postural control of pelvis & trunk (flaccid of decreased ability to perform proper initiation sequencing of LE & trunk) - decreased ability to produce simultaneous movement of trunk, UE, pelvis, & LE throughout task 	<ul style="list-style-type: none"> - 5xSTS - MMT (close to or at position impaired) - C/C hip & knee extension in stand then up... which way would they fall? - Myofilament testing - limb fixation - observation - scale beneath each foot - AROM of pelvis/trunk in all directions (A,P,L,AL,PL) - TIS - decreased activation of trunk muscles - timed 5x heel slide - thumb-find

OK
see notes

assessments of multiple systems
Fugol-meyer
Stroke Impact Scale

TREATMENT PROGRESSION:

(Beauville)

MAIN IMPAIRMENT	BEGINNING STATUS	Progress Intervention	Progress Intervention	Progress Intervention	Progress Intervention	Progress Intervention	Progress Intervention	Progress Intervention	FUNCTIONAL GOAL related to MAIN IMPAIRMENT	
Gastroc Grade 1 Strain	75% AROM ankle PF in supine	<ul style="list-style-type: none"> ABC's Adhere Full AROM 	<ul style="list-style-type: none"> Build Type II Muscular Strength 	<ul style="list-style-type: none"> Foot walk Functional Ambulation in a closed Environment 	<ul style="list-style-type: none"> Jog Muscular Endurance & Strengthening of Type I Fibers 	<ul style="list-style-type: none"> Check Hops Type II Power 	<ul style="list-style-type: none"> Jump Rope Multitreatment Open Environment Type II Power 	<ul style="list-style-type: none"> Agometrics (Box Jumps) Multi-Directional Agometrics 	<ul style="list-style-type: none"> Agometrics Foot Basketball Open Environ. Multi-Directional Functional Activities 	<ul style="list-style-type: none"> Able to jump to shoot a basketball in the church recreational league
		<ul style="list-style-type: none"> resistance ABC's ABC's ankle pumps AROM 	<ul style="list-style-type: none"> ankle raises on an incline weighted calf raises Calf Zigs 	<ul style="list-style-type: none"> Incline Ball Incline Fast walk Slow walk Shuttle w/ Zigs 	<ul style="list-style-type: none"> Incline Dribble Ball Jog Fast walk Sled Drag Sled Drag 	<ul style="list-style-type: none"> while catching ball Single leg Shoat Bunny Hops Single leg Hip 	<ul style="list-style-type: none"> Crossovers Double Unders HD Jump Rope Fast Lid Jumping 	<ul style="list-style-type: none"> Hurdles Stairing Box Jumps HD Jump (Box Jumps) Hurdles Dribble Obstacle Course 	<ul style="list-style-type: none"> Full Game Full Game on 1 HD 21 Knockout Dribble Obstacle Course Catch + Shoot 	<ul style="list-style-type: none"> Full Game on 1 Full Game Half Court 21

STARTING POINT

