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| Toe Tap Test Participant is sitting in a chair. Instructions: “Tap your toe as quickly as you can for 10 seconds.” Record the number of taps in 10 seconds. *Be sure to demonstrate a sufficient amount of ankle dorsiflexion ROM.*Left \_\_\_\_\_\_\_ Right \_\_\_\_\_\_\_Reference values:Healthy men and women of similar physical activity level:* Young (av.32yr) : **47 taps** per 10 seconds (n=24)
* Older adults (av. 72 yr): **34 taps** per 10 seconds (n=24)

Kent-Braun JA. Ng AV. (1999). Specific strength and voluntary muscle activation in young and elderly women and men. *Journal of Applied Physiology.* 87:1 22-29  |

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|  Transfer scales (no psychometric properties available)**Standing 🡪 Floor**4= kneeling approach, controlled descent, no use of chair prop3= kneeling approach, controlled descent, min use of chair prop2= kneeling approach, controlled descent, mod / max use of chair prop1= sideways, poorly controlled descent, mod / max use of chair prop0= sideways / backward, poorly controlled descent, max use of chair propScore: \_\_\_\_\_ **Floor 🡪 Stand**4= Independent3= CGA / Min assist of therapist only2= Min / Mod use of Chair for push up assist1= Min / Mod use of Chair for push up assist + Min / Mod assist of therapist0= Max use of Chair for push up assist + Max assist of therapistScore: \_\_\_\_\_ **Rolling supine 🡪 prone 🡪 supine**Starting position is in supine. Instructions: “Roll onto your stomach, and then without stopping, roll back onto your back.” Be sure participant achieves full prone position (unless shoulder or back pain prevents that) before rolling back to supine. *May need to instruct while supine to tuck hand of extended UE under thigh, before rolling to that side.*Supine 🡪 Prone 🡪 Supine: **Right side \_\_\_\_\_\_\_\_\_sec.**Supine 🡪 Prone 🡪 Supine: **Left side \_\_\_\_\_\_\_\_\_ sec.***Mean = 8.2 sec. Brown M. (unpublished): n = 35, mean age = 78* |

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| Hand Grip Dynamometry**Instructions**: Elbow at 90d., arm NOT resting on table, or “pinned” against chest wall. Norms:1. Bohannon, R.W. (2007). Average Grip Strength: a Meta-Analysis of Data Obrained with a Jamar Dynamometer from Individuals 75 years of More of Age. *Journal of Geriatric Physical Therapy*, 30(1), 28-30.
2. Bottomley, J.M. Lewis, C.B. (2007) *Geriatric Rehabilitation, a Clinical Approach.* (3rd ed.). Upper Saddle River NJ: Pearson Education Inc. p.175
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