

Occupational Therapy Objective Measurements

<p>Range of Motion – SHOULDER</p> <p>Flexion 0-180 Extension 0-60 Abduction 0-180 Horiz. Abduction 0-90 Horiz. Adduction 0-45 Internal Rotation 0-70 External Rotation 0-90</p>	<p>Cognitive Levels (Claudia Allen)</p> <p>1.0 =total-max assist with ADLs Visual attention- 8” from face Responds to alerting stimuli OT focus: Sensory stimulation Positioning/pressure relief Contracture prevention</p>	<p>Fine Motor Coordination</p> <p>9 hole peg test - seconds</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <td>AGE</td> <td>50</td> <td>60</td> <td>70</td> <td>80</td> </tr> <tr> <td>Male R</td> <td>20</td> <td>22</td> <td>23</td> <td>24</td> </tr> <tr> <td>Left</td> <td>22</td> <td>24</td> <td>26</td> <td>28</td> </tr> <tr> <td>Fem. R</td> <td>21</td> <td>23</td> <td>25</td> <td>27</td> </tr> <tr> <td>Left</td> <td>23</td> <td>25</td> <td>27</td> <td>29</td> </tr> </table>	AGE	50	60	70	80	Male R	20	22	23	24	Left	22	24	26	28	Fem. R	21	23	25	27	Left	23	25	27	29					
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<p>Range of Motion – ELBOW</p> <p>Flexion/Extension 0-150 Supination 0-90 Pronation 0-90</p>	<p>2.0 = max-mod assist with ADLs Visual attention - 8”from face Responds to tactile/prop. cues OT focus: Self-feeding (finger foods) Motor drilling – func. transfers Reminiscing for communication</p>	<p>Gross Motor Coordination</p> <ul style="list-style-type: none"> • Finger to nose test • Palms up/down on legs • Arms above head, out to side, on hips • Catching/throwing a ball • Marching in place 																														
<p>Range of Motion – WRIST</p> <p>Flexion 0-80 Extension 0-70 Ulnar Deviation 0-30 Radial Deviation 0-20</p>	<p>3.0 = mod-min assist with ADLs Visual att.- 14” in front (tunnel) Responds to repetition, visual cues, familiar objects OT focus: Routine, no AE Environmental set-up</p>	<p>Strengthening – One Rep Max</p> <p><i>Brzycki Formula</i> Have the pt. use a weight with which he/she can perform less than 10 reps before fatigue Weight x $\frac{36}{37-Reps}$ = _____ Targeted Exercise Program=60-80% of 1RM Intensity=1RM (lbs.)x suggested % Complete 3 sets of 8-10 reps with weight increased 10-15% each week</p>																														
<p>Range of Motion – THUMB</p> <p>MP Flexion/Ext. 0-50 IP Flexion/Ext. 0-80 Abduction 0-70</p>	<p>4.0 = supervision-ind. with ADLs Visual att.-3-4 ft. in front Responds to check lists, memory aides, adaptive equipment, striking visual cues OT focus: Jobs/Hobbies Routine/Safety</p>	<p>ADL’s</p> <p>Total minutes to dress self # of buttons completed in ? minutes # of rest breaks during am routine # of LOBs while gathering supplies # of verbal cues used during dressing Oxygen saturation level pre and post toileting Stood in shower x ? min.’s with no LOB or SOB</p>																														
<p>Range of Motion – FINGERS</p> <p>MP Flexion/Ext. 0-90 MP Hyperext. 0-45 PIP Flexion/Ext. 0-110 DIP Flexion/Ext. 0-90</p>	<p>Grip Strength – Pounds</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <td></td> <td></td> <td>50</td> <td>60</td> <td>70</td> <td>80</td> </tr> <tr> <td>M</td> <td>R</td> <td>100</td> <td>95</td> <td>85</td> <td>80</td> </tr> <tr> <td></td> <td>L</td> <td>95</td> <td>85</td> <td>80</td> <td>70</td> </tr> <tr> <td>F</td> <td>R</td> <td>55</td> <td>51</td> <td>50</td> <td>48</td> </tr> <tr> <td></td> <td>L</td> <td>50</td> <td>48</td> <td>45</td> <td>42</td> </tr> </table>			50	60	70	80	M	R	100	95	85	80		L	95	85	80	70	F	R	55	51	50	48		L	50	48	45	42	<p>Supraspinatus Tendon Tear</p> <p><i>Full can test</i> Position arm at 90 deg. scapular elevation with 45 deg. external rotation, place pressure at the elbow/wrist</p>
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<p>MUSCLE ACTION</p> <p>Deltoid Shoulder Abd. Biceps Elbow Flexion Triceps Elbow Ext. Fl. carpi ulnaris Ulnar deviation Ex. carpi ulnaris Ulnar deviation Interossei Digit ab/add.</p>	<p>Tip Pinch Strength - Pounds</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <td></td> <td></td> <td>50</td> <td>60</td> <td>70</td> <td>80</td> </tr> <tr> <td>M</td> <td>R</td> <td>19.5</td> <td>17.5</td> <td>16.5</td> <td>18</td> </tr> <tr> <td></td> <td>L</td> <td>17</td> <td>16.5</td> <td>15</td> <td>17</td> </tr> <tr> <td>F</td> <td>R</td> <td>12</td> <td>11</td> <td>10.5</td> <td>11</td> </tr> <tr> <td></td> <td>L</td> <td>11</td> <td>10</td> <td>9.5</td> <td>10</td> </tr> </table>			50	60	70	80	M	R	19.5	17.5	16.5	18		L	17	16.5	15	17	F	R	12	11	10.5	11		L	11	10	9.5	10	<p>Joint Mobilization Grades</p> <p>Grade I: small amplitude, rhythmic oscillating movement at the beginning of ROM to manage pain/spasm Grade II: Large amplitude, midrange of movement to manage pain/spasm</p>
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<p>Standard W/C Measurements</p> <p>Seat Depth – 16” Seat Width – 18” Seat Height – 19.5”</p>	<p>Flexibility</p> <p>Pt. to sit/stand and try to touch toes measure distance between finger tips and toes</p>	<p>Grade III: Large amplitude up to point of limitation to gain motion and stretch capsule Grade IV: Small amplitude at end ROM for motion Grade V: Quick thrust technique at end ROM</p>																														