

Physical Therapy Objective Measurements

<p>Step Length (measurement of right heel to left heel) <i>NORMS</i> Female 13.8-30.7" Male 26.8-30.7"</p>	<p>Range of Motion – HIP Flexion 0-120 Extension 0-30 Abduction 0-45 Adduction 0-30 Internal Rotation 0-45 External Rotation 0-45</p>	<p>Muscle Action Iliopsoas Hip flexion Quadriceps Knee ext. Anterior tibialis Ankle dorsiflexion Gastrocnemius Plantarflexion</p>
<p>Stride length (measurement of right heel to right heel) <i>NORMS</i> Female 40.9-50.8" Male 38.8-55.1"</p>	<p>Range of Motion – KNEE Flexion/Extension 0-135</p>	<p>Gait Cycle Stance Phase – 60% Swing Phase – 40%</p>
<p>Base of Support (distance between medial heels) <i>Normal</i> 3-4"</p>	<p>Range of Motion – ANKLE Dorsiflexion 0-20 Plantar Flexion 0-50 Inversion 0-35 Eversion 0-15</p>	<p>Stance Phase Swing Phase Heel strike Acceleration Foot Flat Mid-Swing Mid-Stance Deceleration Heel-Off Toe-Off</p>
<p>Cadence (number of steps per minute) <i>Normal</i> 81-125 steps/minute</p>	<p>Pitting Edema +1=Mild edema (0-1/4"indentation) +2=Moderate(1/4-1/2"),disappears in 10-15 seconds +3=Severe (1/2-1"), disappears in 1-2 min's +4=Severe (>1"), present after 5min</p>	<p>Strengthening – One Rep Max <i>Brzycki Formula</i> Have the pt. use a weight with which he/she can perform less than 10 reps before fatigue Weight x 36 _____ = _____ (37-Reps) Target Exercise Program=60-80% of 1RM Intensity=1RM (lbs.) x suggested % Complete 3 sets of 8-10 reps with weight increasing 10-15% each week</p>
<p>Velocity (gait speed) distance (meters) /time (seconds) =meters per second 10 meters 50 sec. = Household ambulator 10 m 17-25 sec. = Limited community amb. 10 m 12.5-10 sec.= Community ambulator 10 m < 7 sec. = Safely cross a street, Normal walking speed</p>	<p>Activity Tolerance BORG (rate of perceived exertion) 0=nothing at all 0.5=very, very slight 1=very slight 2=slight (light) 3=moderate 4=somewhat severe 5=severe (heavy) 6= 7=very severe 8 9 10=very, very severe (maximal)</p>	<p>Resting Heart Rate (RHR) take pulse for 10 seconds X 6 <i>Norm= 60-80 bpm</i> Maximum Heart Rate (MHR) 220 – age = ____ beats/one minute Target Heart Rate (Karvonen method) MHR – RHR=____x % intensity + RHR=</p>
<p>Quadricep Strength (5 times sit to stand) >15 seconds = fall risk</p>	<p>Dynamic Balance (Step Test-1 foot on/off block) <i>Norms – for 15 seconds</i> Ages 60-69 15.59 times Ages 70-79 13.73 times</p>	<p>Dynamic Balance/Stability (Functional Reach) <i>Norms</i> Ages 41-69 Men=14.9 Wom= 13.8 Ages 70-87 Men=13.1 Wom= 10.4</p>
<p>Static Balance (Single leg stance) <i>Norms</i> Ages 50-59 Eyes Open=28 sec. Eyes Closed=8 Ages 60-69 Eyes Open =26 sec. Eyes Closed=5 Ages 70-79 Eyes Open=14 sec. Eyes Closed=4</p>	<p>Dyspnea- difficulty breathing 0= able to count to 15 easily 1= able to count to 15 but must take one breath 2= must take 2 additional breaths 3= must take 3 additional breaths 4= unable to count</p>	<p>Posture (Reedco) – 4 areas assessed</p> <ul style="list-style-type: none"> • Forward Head • Dorsal Kyphosis • Trunk Inclination • Lumbar Lordosis <p>0=poor, 5=fair, 10=good 100 points</p>