

BASIC Evaluation for those who can at least STAND and ambulate short distances

| 1. | <p>IN MPT FOLDER: Review and sign consent, take pic and email of copy of it to denise@mobile-pt.com</p> <p>Review Mobile PT General Guidelines</p> <p>Ask about Meds: check in documents as we ask for med list before eval but don't always get it</p> <p>PQRS: Ask about Weight: _____ Height: _____</p> | | | | | | | | | | |
|--------------------------------|--|------------------|-------------------|----------------------------|----------------------------|--------------------------------|----------------------------------|--------------------------------|--------------------------------|---------------------------|----------------------------|
| 2. | <p>Numeric Pain Rating Scale: Last 24 Hours-- Best_____, Worst_____, Current_____</p> <p>Is pain being addressed with PCP?</p> <p>Patient Specific Functional Scale Rate 3 activities 0-10-patient Choice Ex: sit to stand 5/10 (50%) Walk in home 5/10 (50%) Walk outside 5/10 (50%)</p> | | | | | | | | | | |
| 3. | <p>Ask about history of falls/circumstances:</p> | | | | | | | | | | |
| 4. | <p>BP _____ ox sat _____%</p> <p>If there is a history of dizziness with standing do orthostatic hypotension screen: Supine 5 min—take blood pressure Stand up from supine and take BP 3-5 times with 1 min interval (Orthostatic hypotension is defined by consensus as a fall in blood pressure (BP) of at least 20 mmHg systolic and/or 10 mm Hg diastolic within 3 min in the upright)</p> | | | | | | | | | | |
| 5. | <p>Hand Held Dynamometer</p> <p>Meets criteria for one component of 5 for Fried Frailty Phenotype if grip strength (average of 3 trials, dominant hand) is:</p> <table border="1" data-bbox="358 1598 1414 1814"> <thead> <tr> <th data-bbox="358 1598 889 1633">Males (<65 lbs)</th> <th data-bbox="889 1598 1414 1633">Females (<37 lbs)</th> </tr> </thead> <tbody> <tr> <td data-bbox="358 1633 889 1669">≤29 kg (64 lb) for BMI ≤24</td> <td data-bbox="889 1633 1414 1669">≤17 kg (37 lb) for BMI ≤23</td> </tr> <tr> <td data-bbox="358 1669 889 1705">≤30 kg (66 lb) for BMI 24.1–26</td> <td data-bbox="889 1669 1414 1705">≤17.3 kg (38 lb) for BMI 23.1–26</td> </tr> <tr> <td data-bbox="358 1705 889 1740">≤30 kg (66 lb) for BMI 26.1–28</td> <td data-bbox="889 1705 1414 1740">≤18 kg (40 lb) for BMI 26.1–29</td> </tr> <tr> <td data-bbox="358 1740 889 1776">≤32 kg (70.5) for BMI >28</td> <td data-bbox="889 1740 1414 1776">≤21 kg (46 lb) for BMI >29</td> </tr> </tbody> </table> | Males (<65 lbs) | Females (<37 lbs) | ≤29 kg (64 lb) for BMI ≤24 | ≤17 kg (37 lb) for BMI ≤23 | ≤30 kg (66 lb) for BMI 24.1–26 | ≤17.3 kg (38 lb) for BMI 23.1–26 | ≤30 kg (66 lb) for BMI 26.1–28 | ≤18 kg (40 lb) for BMI 26.1–29 | ≤32 kg (70.5) for BMI >28 | ≤21 kg (46 lb) for BMI >29 |
| Males (<65 lbs) | Females (<37 lbs) | | | | | | | | | | |
| ≤29 kg (64 lb) for BMI ≤24 | ≤17 kg (37 lb) for BMI ≤23 | | | | | | | | | | |
| ≤30 kg (66 lb) for BMI 24.1–26 | ≤17.3 kg (38 lb) for BMI 23.1–26 | | | | | | | | | | |
| ≤30 kg (66 lb) for BMI 26.1–28 | ≤18 kg (40 lb) for BMI 26.1–29 | | | | | | | | | | |
| ≤32 kg (70.5) for BMI >28 | ≤21 kg (46 lb) for BMI >29 | | | | | | | | | | |

| | |
|-----|---|
| | <p>Participant attempts to squeeze the dynamometer maximally 3 times with the dominant hand.</p> <p>Right _____/63</p> <p>Left _____</p> |
| 7. | <p>DF ROM (10 ° for Sit to Stand)</p> <p>Right _____</p> <p>DF ROM left _____</p> <p>KNEE EXT ROM</p> <p>RIGHT _____</p> <p>LEFT _____</p> |
| 8. | <p>SPPB—Balance, Gait Speed, Strength)</p> <p>BALANCE ITEMS: 10 + SEC EACH</p> <p>BALANCE FEET TOGETHER _____</p> <p>BALANCE SEMITANDEM _____</p> <p>BALANCE TANDEM _____</p> |
| 9. | <p>NORMAL GAIT SPEED (13'1" COURSE) _____</p> <p>FAST GAIT SPEED (13'1" COURSE) _____</p> |
| 9. | <p>FIVE TIMES SIT TO STAND--Lower Extremity Strength</p> <p>Arms crossed from normal height chair _____</p> |
| 10. | <p>TWO MINUTE STEP TEST –Endurance</p> |

