

Functional Reach Test and Modified Functional Reach Score Sheet

Name: _____

Instructions:

Instruct the patient to “Reach as far as you can forward without taking a step”

Score Sheet:

Date	Trial One (Practice)	Trial Two	Trial Three	Total (average of trial 2 and 3 only)

Performed with the level of yardstick that has been mounted on the wall at the height of the patient's acromial level in the nonaffected arm while sitting in a chair

Hips knees and ankles are position at 90° of flexion with feet position flat on the floor

The initial reach is measured with the patient sitting against the back of the chair with the upper extremity flexed to 90° with measure taken from the distal end of the third metacarpal along the yards.

Consists of three conditions over three trials

1. Sitting with the unaffected side near the wall and leaning forward
2. Living with the back to the wall and leaning right
- 3.. Sitting with her back to the wall leaning left

instructions should include leaning as far as possible in each direction without rotation and without touching the wall

Record the distance in centimeters covered in each direction

If the patient is unable to raise the unaffected arm the distance covered by the chromium during lean is recorded
first trial in each direction is a practice trial and should not be included in the final result
15 second rest break should be allowed between trials