



FMA- STANDING- SIT TO STANDS

STANDING- SIT TO STANDS

Assessing the ability of the client to go from seated to standing; not any balance once standing.

1 POINT: Client needs stability with both arms to perform sit to stand.



FIG. 1A



FIG. 1B



FIG. 1C

2 POINTS: Client needs stability from one side to perform sit to stand.



FIG. 2A



FIG. 2B



FIG. 2C

*Assistance can be provided from whatever means necessary. Client can use table to push themselves up into stance, Specialist's hands to pull themselves up, or squat rack to pull themselves up.

3 POINTS: Free stand



FIG. 3A



FIG. 3B



FIG. 3C

*Client can go from seated to standing without using arms or any assistance.



FMA- STANDING- BALANCE

STANDING- BALANCE

Assesing the balance of a client once they are in a standing position.

1 POINT: Client needs full assistance to balance.



FIG. 1A

*Client requires assistance from bar or Specialist during entire time standing.

2 POINTS: Minimal assistance to balance.



FIG. 2A

*Client requires spotting from Specialist with minimal touching of bar or Specialist to stay balanced.

For points 3 and 4, client can not hold on to anyone or anything.

3 POINTS: Client can balance unassisted for 10 seconds.



FIG. 3A

4 POINTS: Client can balance unassisted while performing arm movements.



FIG. 4A



FIG. 4B

*Example of arm movements: arms over head, arms to the side, arms out in front



FMA- STANDING- SPLIT LEG BALANCE

STANDING-SPLIT LEG BALANCE

Assesing the balance of a client once they are in a split leg stance. Test both right leg and left leg forward.

1 POINT: Client needs full assistance to balance.



FIG. 1A

*Client requires assistance from bar or Specialist during entire time standing.

2 POINTS: Minimal assistance to balance.



FIG. 2A

*Client requires spotting from Specialist with minimal touching of bar or Specialist to stay balanced.

For points 3 and 4, client can not hold on to anyone or anything.

3 POINTS: Client can balance unassisted for 10 seconds.



FIG. 3A

4 POINTS: Client can balance unassisted while performing arm movements.



FIG. 4A



FIG. 4B

* Example of arm movements: arms over head, arms to the side, arms out in front



FMA- STANDING- SPLIT LEG BALANCE- OPPOSITE LEG

STANDING-SPLIT LEG BALANCE

Assesing the balance of a client once they are in a split leg stance. Test both right leg and left leg forward.

1 POINT: Client needs full assistance to balance.



FIG. 1A

*Client requires assistance from bar or Specialist during entire time standing.

2 POINTS: Minimal assistance to balance.



FIG. 2A

*Client requires spotting from Specialist with minimal touching of bar or Specialist to stay balanced.

For points 3 and 4, client can not hold on to anyone or anything.

3 POINTS: Client can balance unassisted for 10 seconds.



FIG. 3A

4 POINTS: Client can balance unassisted while performing arm movements.



FIG. 4A



FIG. 4B

* Example of arm movements: arms over head, arms to the side, arms out in front



FMA- STANDING- SINGLE LEG BALANCE

STANDING-SINGLE LEG BALANCE

Assesing the balance of a client standing on one leg at a time. Client's foot needs to be completely off the ground in order to be tested. Height of the foot off the ground does not matter. Test both right leg and left leg.

1 POINT: Client needs full assistance to balance.



FIG. 1A

*Client requires assistance from bar or Specialist during entire time standing.

2 POINTS: Minimal assistance to balance.



FIG. 2A

*Client requires spotting from Specialist with minimal touching of bar or Specialist to stay balanced.

For points 3 and 4, client can not hold on to anyone or anything.

3 POINTS: Client can balance unassisted for 10 seconds.



FIG. 3A

4 POINTS: Client can balance unassisted while performing arm movements.



FIG. 4A



FIG. 4B

* Example of arm movements: arms over head, arms to the side, arms out in front



FMA- STANDING- SINGLE LEG BALANCE- OPPOSITE LEG

STANDING-SINGLE LEG BALANCE

Assesing the balance of a client standing on one leg at a time. Client's foot needs to be completely off the ground in order to be tested. Height of the foot off the ground does not matter. Test both right leg and left leg.

1 POINT: Client needs full assistance to balance.



FIG. 1A

*Client requires assistance from bar or Specialist during entire time standing.

2 POINTS: Minimal assistance to balance.



FIG. 2A

*Client requires spotting from Specialist with minimal touching of bar or Specialist to stay balanced.

For points 3 and 4, client can not hold on to anyone or anything.

3 POINTS: Client can balance unassisted for 10 seconds.



FIG. 3A

4 POINTS: Client can balance unassisted while performing arm movements.



FIG. 4A



FIG. 4B

* Example of arm movements: arms over head, arms to the side, arms out in front