

---

## W12 Functional Activities Worksheet: Tom

---

Name

Date

1. **Was the functional activity chosen appropriate for Tom?**  
*What observations support your answer?*
  
2. **Which component of the task best encouraged weight shift?**
  
3. **When, during the activity, were muscles put on length?**
  
4. **Which component of the task best encouraged trunk rotation?**
  
5. **Did the functional activity incorporate any of the same movements facilitated during Preparing for Function?**  
*If so, which?*
  
6. **Was this activity meaningful for Tom?**  
*Which observations support your answer?*
  
7. **What changes did you observe during or after the activity?**  
*(i.e., his ability to weight shift toward the involved side, trunk rotation, forward flexion, ambulation, trunk activity or upper extremity movement).*
  
8. **How would you modify the activity to get better results?**