

Kinesiology/Analysis of Physical Performance

For the following videos analyze the movement of the client's indicated or non-affected upper extremity; joints; movement(s); prime movers; type of contraction; approximate AROM; and any movements/muscles associated.

The patient is a gentleman who is receiving outpatient OT following a CVA approximately 5 weeks prior. The session is in multiple parts.

ICE Video: **IADLs: Making a Sandwich, Part 2**

Exercise 1: Client's Right Arm from 0:09 - 0:12 seconds

Focus on the forearm, wrist, and hand

Joint	Forearm	Wrist	Fingers	Thumb
Movement				
Prime Movers				
Type of Contraction				
Approx. Range				
Other				

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ICE Video: IADLs: Making a Sandwich, Part 3

Exercise 2: Client's Right Arm from 0:05 - 0:25 seconds

Focus on the forearm, wrist, and hand – there will be multiple movements

Joint	Forearm	Wrist	Fingers	Thumb
Movement • 0:05-0:07 • 0:07-0:11 • 0:12-0:25 – reciprocal mvmts				
Prime Movers • 0:05-0:07 • 0:07-0:11 • 0:12-0:25 – reciprocal mvmts				
Type of Contraction • 0:05-0:07 • 0:07-0:11 • 0:12-0:25 – reciprocal mvmts				
Other				