

# Functional Activities with Tom

## W12 Functional Activities Worksheet: Tom

*This assignment presents factors to consider in choosing an activity and begins to introduce the importance of Functional Activities in facilitating movement. The segment also explains how the therapist should be positioned during treatment and how to establish a good base of support in standing.*

*Also, Tom clearly demonstrates the 3 ways a non-functional upper extremity can be incorporated into a functional task: bilateral, guiding and weight bearing.*

1. **Was the functional activity chosen appropriate for Tom? Yes**

### **What observations support your answer?**

It was appropriate for his level of function. Due to Tom's difficulty in standing, the car provided a good, solid surface; the height was good, the solid surface in front of his knee was appropriate. It was a familiar task for him and was challenging without being too difficult.

2. **Which component of the task best encouraged weight shift?**

Washing the hood encourages weight shift forward and toward the involved side. But when he reached up on the top of the car for the towel, he demonstrated the best weight shift.

3. **When during the functional activity were muscles put on length?**

When he reached up on the top of the car for the towel, muscles of the trunk and shoulder were put on length.

4. **Which component of the task best encouraged trunk rotation?**

Washing the hood, from side to side.

5. **Did the functional activity incorporate any movements facilitated during Preparing for Function? If so, which?**

- Forward flexion of the trunk with scapular protraction and elbow extension used during moving the therapy ball forward were the same movements as washing the car.
- Weight bearing on the mat table through the right upper extremity were similar movements to weight bearing on the hood of the car

6. **Was this activity meaningful for Tom? Yes**

### **Which observations support your answer?**

Tom appeared to understand the purpose of the activity. He initiated movements, seemed alert and participated fully.

7. **What changes did you observe during or after the activity?**

Tom began to get increase weight bearing over the involved side. His tolerance to standing was good.

8. **How would you modify the activity to get better results?**

As Tom improved he could walk around the car to begin ambulation. He could wash the sides of the car to encourage more hip and knee flexion.