

Functional Activities with Clint

W13 Functional Activities Worksheet: Clint

This assignment explains how I get ideas for functional treatment

1. Was the functional activity chosen appropriate for Clint?

There were three functional activities demonstrated: one-handed shoe tying, raking and sweeping. Some were more appropriate than others for Clint.

Clint had two things he wanted to be able to do: tie his shoes and button his pants. This session addressed one of his goals: tying his shoes.

Raking and sweeping were at the appropriate level for Clint. He is high level in lower extremity function and these two activities incorporate the lower extremities into the task. However, the task of raking did not facilitate the best use of his left hand and upper extremity.

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

With both the push broom and the rake, he was able to shift his weight forward over the lower extremities.

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

Not much. A different activity would have done this better.

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

Clint did not demonstrate much trunk rotation.

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

During the segment *Preparing for Function*, Clint worked on reduced swelling of the left hand and his gross grasp improved. Gross grasp was incorporated into the functional activity as he attempted to hold the broom and rake.

Also, during *Preparation for Function*, Clint worked on coming forward in sitting. This same motion was used while he did one handed shoe tying.

6. Of the two activities you observed, which was the most meaningful for Clint?

Probably the one-handed shoe tying.

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

The push broom elicited better and more normal patterns of movement than the using the rake.

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

I would encourage more forward weight shift with elbow extension and scapular protraction by having Clint use the push broom instead of the rake. Raking does the opposite (scapular retraction and weight shift back). I would better prepare Clint for better forearm supination.

Perhaps add a larger grip to the push broom for better gross grasp.