

# Functional Activities with Alice

## W14 Functional Activities Worksheet: Alice

*This treatment session illustrates examples of when things go “right” and when things go “wrong”. See if your students notice the movements that are indications of things going “wrong”. For example, the increased tone and clonus of Alice’s hand and wrist after she has tried to lift the bag of soil and the difference in tone when she holds the plastic bag vs. holding the ceramic flower pot.*

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

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

Cognitively, emotionally and physically this activity seems like a good fit for Alice. It encouraged weight shift, trunk rotation and encouraged use of the right upper extremity as an assist.

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

Reaching to the floor to pick up the bag of soil encourages forward weight shift.

Reaching across the table to push the soil away or reach also encourages weight shift to the involved side and forward weight shift with less trunk flexion.

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

Preparing for function in standing at the table. Weight bearing through both hands puts the wrist flexors on length.

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

Reaching for the bag of soil.

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

Shoulder protraction and elbow extension. She also used an open hand to hold the flower pot.

6. **Is this activity meaningful for Alice? Which observations support your answer?**

It appeared to be. She seemed fully engaged in the activity. Her verbal responses were appropriate and she had appropriate eye contact for the task.

7. **What was the patient’s response?**

Initially, Alice did everything with her non-involved side. She did not incorporate the involved hand into the activity. During the activity she began to slow down and be more aware of incorporating the right hand into the task.

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

A change in Alice’s ability to weight shift toward the hemiplegic side. A change in muscle tone in the right hand (less flexor tone).

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

The bag of soil was too heavy to pick up from the floor. It increased her upper extremity tone. Also, firm surfaces were better for Alice’s hand, so I would not use the plastic bag again.