

# Functional Activities with Dick

## W15 Functional Activities Worksheet: Dick

*This video segment is the best example of a functional task which addresses the problem areas identified during clinical reasoning. I have included it twice, once with narration and once without. You may want to show the treatment session without the narration to evaluate your student's observations of the following questions. Or, you can show the version with narration which guides them through the process.*

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

What observations support your answer?

He appeared to be fully engaged in the activity. He stood for a long period of time, incorporated weight shift toward the involved side, trunk rotation and forward weight shift.

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

The best weight shift toward the involved side was when Dick was reaching to put the bag on the floor. It not only encouraged weight shift but also forward flexion, trunk rotation and scapular protraction.

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

In standing, preparing for function, Dick was in weight bearing through both upper extremities.

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

Reaching for objects from the grocery bag and putting down objects (such as the loaf of bread) on his left side.

5. **Is this activity meaningful for Dick?**

Yes, he worked for over 30 minutes absorbed in every detail of the task.

6. **Which observations support your answer?**

Dick's attention to detail, initiating task selection, perseverance with each part of the task such as cutting celery or onions.

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

Dick began to ask if he could/should use the left hand more. Dick appeared pleased with the end result of his therapy: the completed tuna fish sandwich.

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

The most significant change observed was the spontaneous use of the left hand when he used it to hold the green onions. He also increased his ability to weight shift toward the weak side, flex forward, monitor the proper position of his feet during stance and improved trunk rotation.

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

I think the level of the activity was extremely appropriate for Dick. I'm not sure I'd change a thing.