OPTIMAL INSTRUMENT – BASELINE



Patient Information

Difficulty – Baseline

Instructions: Please circle the level of difficulty you have for each activity today.

Date:	Able to do without any difficulty	Able to do with little difficulty	Able to do with moderate difficulty	Able to do with much difficulty	Unable to do	Not applicable
1. Lying flat	1	2	3	4	5	9
2. Rolling over	1	2	3	4	5	9
3. Moving-lying to sitting	1	2	3	4	5	9
4. Sitting	1	2	3	4	5	9
5. Squatting	1	2	3	4	5	9
6. Bending/stooping	1	2	3	4	5	9
7. Balancing	1	2	3	4	5	9
8. Kneeling	1	2	3	4	5	9
9. Standing	1	2	3	4	5	9
10. Walking-short distance	1	2	3	4	5	9
11. Walking-long distance	1	2	3	4	5	9
12. Walking-outdoors	1	2	3	4	5	9
13. Climbing stairs	1	2	3	4	5	9
14. Hopping	1	2	3	4	5	9
15. Jumping	1	2	3	4	5	9
16. Running	1	2	3	4	5	9
17. Pushing	1	2	3	4	5	9
18. Pulling	1	2	3	4	5	9
19. Reaching	1	2	3	4	5	9
20. Grasping	1	2	3	4	5	9
21. Lifting	1	2	3	4	5	9
22. Carrying	1	2	3	4	5	9

23. From the above list, choose the 3 activities you would most like to be able to do without any difficulty (for example, if you would most like to be able to climb stairs, kneel, and hop without any difficulty, you would choose: 1. 13 2. 8 3. 14)

1._____ 2.____ 3.____

24. From the above list of three activities, choose the primary activity you would most like to be able to do without any difficulty (for example, if you would most like to be able to climb stairs without any difficulty, you would choose: Primary goal. 13)

Primary goal. _

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Patient Information

Confidence – Baseline

Instructions: Please circle the level of confidence you have for each activity today.

Instructions: Please circle the level of confidence you have for each activity today.									
Date:	Fully confident in my ability to perfrom	Very Confident	Moderate Confidence	Some Confidence	Not confident in my ability to perform	Not applicable			
1. Lying flat	1	2	3	4	5	9			
2. Rolling over	1	2	3	4	5	9			
3. Moving-lying to sitting	1	2	3	4	5	9			
4. Sitting	1	2	3	4	5	9			
5. Squatting	1	2	3	4	5	9			
6. Bending/stooping	1	2	3	4	5	9			
7. Balancing	1	2	3	4	5	9			
8. Kneeling	1	2	3	4	5	9			
9. Standing	1	2	3	4	5	9			
10. Walking-short distance	1	2	3	4	5	9			
11. Walking-long distance	1	2	3	4	5	9			
12. Walking-outdoors	1	2	3	4	5	9			
13. Climbing stairs	1	2	3	4	5	9			
14. Hopping	1	2	3	4	5	9			
15. Jumping	1	2	3	4	5	9			
16. Running	1	2	3	4	5	9			
17. Pushing	1	2	3	4	5	9			
18. Pulling	1	2	3	4	5	9			
19. Reaching	1	2	3	4	5	9			
20. Grasping	1	2	3	4	5	9			
21. Lifting	1	2	3	4	5	9			
22. Carrying	1	2	3	4	5	9			

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