
W14 Functional Activities Worksheet: Alice

Name

Date

1. **Was the functional activity chosen appropriate for Alice?**
What observations support your answer?

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

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

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

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

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

7. **What was Alice's response?**

8. **What changes did you observe during or after the activity?**
(i.e., her ability to weight shift toward the involved side, trunk rotation, forward flexion, ambulation, trunk activity or upper extremity movement).

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