

W15 Functional Activities Worksheet: Dick

Name

Date

1. **Was the functional activity chosen appropriate for Dick?**
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. **Is this activity meaningful for Dick?**

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

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

8. **What changes did you observe during or after the activity?**
(i.e., his 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?**