APPLICATION EXERCISES

I. Review The Guide to Physical Therapist Practice list of categories for tests and measurements. Choose one category from tests and measures (ie, aerobic capacity and endurance) and identify one specific test/measure that can be used to collect data for that category. Identify the tools and procedures used for the test. Research the reliability and validity of that test. Indicate whether the test measures an impairment or function (ie, disability, activity limitation, or participation restriction).

II. Write the following statements in a more clear and concise manner, as it would appear in the medical record.

1. The child walked from the classroom to the cafeteria (~500') with the PTA providing ~25% assistance using Lofstrand crutches. She required cues at the trunk for rotation and upper and lower body dissociation. She used a 4-point gait pattern. Her lower extremities were externally rotated and knees were in a valgus position. Hips were adducted.

2. The patient was able to walk in the hallway at the hospital with supervision and no assistive device. Her velocity was 0.8m/sec.

3. The patient demonstrated the following range of motion measurements: passive range of motion for right shoulder flexion was 115° and for shoulder extension 10°.

4. The patient propelled his wheelchair down the hallway, onto the elevator, and up and down the ramp in the front of the school. The total distance was ~1000 feet. He required 2 rest breaks for ~2 minutes each. He needed minimal assist to ascend the ramp and turn the wheelchair on the elevator.

5. Prior to initiating interventions the measurements taken for the cardiovascular system were blood pressure at 135 systolic and 90 diastolic, heart rate at 98 beats per minute, the patient’s oxygen saturation was 98%, and his respiratory rate was 12 breaths per minute.

III. Organize the following information so that it is clear, concise, and suitable for entry into the medical record.

1. The patient’s AROM is as follows: Right knee flexion 100°, right knee extension 5°, right hip abduction 20°, right hip flexion 100°, right ankle plantarflexion 20°, left elbow 10°–100°, left shoulder flexion 100°, left shoulder abduction 100°, right hip internal rotation 20°, right ankle dorsiflexion 5°, left shoulder external rotation 60°, left shoulder internal rotation 45°, left hip abduction 25°, left hip extension 0°, right hip extension 5°, right elbow flexion 120°, right elbow extension 0°, right shoulder flexion 165°, left knee flexion 120°, left hip flexion 120°, left hip internal rotation 20°, left hip external rotation 40°, right hip external rotation 45°, left knee extension 0°, left plantarflexion 45°, left dorsiflexion 20°, right shoulder abduction 140°, right shoulder external rotation 80°, and right shoulder internal rotation 45°.