

Name _____

Test	Reference Standard	Results	Follow Up		Significance of Findings/Comments																
			Yes	No																	
Posture																					
Forward Head: Wall Occiput Distance	> 0-4cm = poor posture > 4cm = fracture risk	Distance _____ cm	<input type="checkbox"/>	<input type="checkbox"/>	Head and upper back posture can contribute to vertebral compression fractures.																
Thoracic Extension: Rib - Pelvis Distance	Rib - Pelvis Distance ≤ 2 fingers = fracture risk	# of fingers _____	<input type="checkbox"/>	<input type="checkbox"/>																	
Flexibility																					
Shoulder: Back Scratch	Risk = Men: > 8 inches Women: > 4 inches	_____ inches	<input type="checkbox"/>	<input type="checkbox"/>	↓ shoulder ROM indicates a potential for ↑ disability.																
Ankle Dorsiflexion: Range of Motion (ROM)	Risk of falls: < 8° w knee straight <i>or</i> < 10° w knee bent	_____ degrees R _____ degrees L	<input type="checkbox"/>	<input type="checkbox"/>	↓ ankle ROM can ↑ falls.																
Balance																					
Static Balance (SB): Vestibular Hypofunction	Risk of injurious falls: < 10 sec tolerance for head turns	Dizzy or loss of balance at ____sec <i>or</i> _____ No symptoms	<input type="checkbox"/>	<input type="checkbox"/>	Inability to move one's head quickly without dizziness or loss of balance can ↑ the risk of injurious falls.																
	Risk of falls: < 10 sec toler- ance for up/ down head motion	_____ seconds <i>or</i> _____ No symptoms																			
SB: One Leg Stand	< 5 sec ↑ risk of injurious falls > 20 sec is normal	L _____ sec R _____ sec	<input type="checkbox"/>	<input type="checkbox"/>	Inability to stand on one leg for 5 sec ↑ risk of injurious falls; <20 sec indicates lower body weakness.																
Dynamic Balance (DB): TUG	<table border="1"> <thead> <tr> <th>Age</th> <th>Seconds</th> <th>Age</th> <th>Seconds</th> </tr> </thead> <tbody> <tr> <td>30-39</td> <td>4.4 sec</td> <td>60-69</td> <td>5.6 sec</td> </tr> <tr> <td>40-49</td> <td>4.6 sec</td> <td>70-79</td> <td>6.7 sec</td> </tr> <tr> <td>50-59</td> <td>4.9 sec</td> <td>80-89</td> <td>7.8 sec</td> </tr> </tbody> </table>	Age	Seconds	Age	Seconds	30-39	4.4 sec	60-69	5.6 sec	40-49	4.6 sec	70-79	6.7 sec	50-59	4.9 sec	80-89	7.8 sec	_____ seconds	<input type="checkbox"/>	<input type="checkbox"/>	↑ risk of falls if score is more than 14 seconds. ≥ 9 seconds was shown to predict disability in the next two years.
Age	Seconds	Age	Seconds																		
30-39	4.4 sec	60-69	5.6 sec																		
40-49	4.6 sec	70-79	6.7 sec																		
50-59	4.9 sec	80-89	7.8 sec																		
DB Tandem Walk eyes open	Risk: > 2 errors in 2 meters	_____ errors	<input type="checkbox"/>	<input type="checkbox"/>	↑ risk of falls if more than 2 errors in 2 meters eyes open OR inability to take 5 steps eyes closed.																
eyes closed	Risk: < 5 steps	_____ steps																			

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Test	Reference Standard	Results	Follow Up		Significance of Findings/Comments	
			Yes	No		
Endurance						
2 Minute Step	Age	Men Women	_____ steps	<input type="checkbox"/>	<input type="checkbox"/>	Scoring below one's norms indicates ↓ endurance, which indicates a potential for ↑ disability.
	60-64	106 97				
	65-69	101 93				
	70-74	95 89				
	75-79	88 84				
	80-84	80 78				
	85-89	71 70				
90-94	60 60					
Strength						
Grip (Dynamometer)	Age Hand Men(Kg) Women(Kg)	R _____ kgs of force L _____ kgs of force	<input type="checkbox"/>	<input type="checkbox"/>	Scoring below one's norms indicates a potential for ↑ disability and mortality.	
	60-64 R 40.69 24.99					
	L 34.84 20.73					
	65-69 R 41.32 22.50					
	L 34.84 18.60					
	70-74 R 34.16 22.50					
	L 29.39 18.82					
	75-79 R 33.00 21.60					
	L 31.10 19.30					
	80-84 R 30.10 17.30					
	L 27.00 17.10					
	85-89 R 25.80 17.10					
	L 25.10 15.70					
	90-94 R 18.80 15.20					
L 18.90 14.80						
Shoulder External Rotators	Age Men(lbs) Women(lbs)	R _____ # L _____ #	<input type="checkbox"/>	<input type="checkbox"/>	Shoulder External Rotator weakness is a precursor to rotator cuff problems.	
	60-69 34 20					
	70-79 32 19					
Plantarflexors	< 25 times = ↑ fall risk	R _____ times L _____ times	<input type="checkbox"/>	<input type="checkbox"/>	Less than the norm is associated with ↑ risk of falling.	
Lower Extremity: Sit to Stand	30 Sec Sit to Stand Age Men Women	_____ times/ 30 sec. _____ seconds/ 5 times sit to stand	<input type="checkbox"/>	<input type="checkbox"/>	Lower extremity strength can affect walking, daily activity and fall risk. ≥ 10 seconds on the 5 times sit to stand has been shown to predict disability within the next 2 years.	
	60-64 17 15					
	65-69 16 15					
	70-74 15 14					
	75-79 14 13					
	80-84 13 12					
	85-89 11 11					
	90-94 9 9					
Abdominals	Increased risk of back pain: Plank: < 73 sec or Curl-up: < 183 sec./men < 85 sec. /women	_____ seconds _____ seconds	<input type="checkbox"/>	<input type="checkbox"/>	Plank, Curl up, and Prone hold strengthen the core. Weakness in the core can lead to back problems.	
Back Extension	Increased risk of back pain: Prone hold Men: < 208 sec Women: < 128 sec	_____ seconds	<input type="checkbox"/>	<input type="checkbox"/>		

Name _____

A-FIT ADULT FUNCTIONAL INDEPENDENCE TEST

Posture _____

Flexibility _____

Balance _____

Endurance _____

Strength _____

Additional Comments and Recommendations/Referrals _____

Therapist signature

Date