

Physical Performance Test

Scoring Sheet

			Time	Scoring	Score
1.	Write a sentence. (Whales live in the blue ocean.)	Seconds		≤ 10 sec = 4 10.5-15 sec = 3 15.5 - 20 sec = 2 >20 sec = 1 unable = 0	
2.	Simulated eating	Seconds		≤ 10 sec = 4 10.5-15 sec = 3 15.5 - 20 sec = 2 >20 sec = 1 unable = 0	
3.	Lift a book and put it on a shelf Book PDR, 1988; 5.5 lbs Bed height 59 cm Shelf height 118 cm All sitting with feet on floor	Seconds		≤ 2 sec = 4 2.5- 4 sec = 3 4.5 - 6 sec = 2 > 6 sec = 1 unable = 0	
4.	Put on and remove a jacket. 1. Standing 2. Use of bathrobe; button down shirt; hospital gown.	Seconds		≤ 10 sec = 4 10.5-15 sec = 3 15.5 - 20 sec = 2 >20 sec = 1 unable = 0	
5.	Pick up a penny from floor.	Seconds		≤ 2 sec = 4 2.5- 4 sec = 3 4.5 - 6 sec = 2 > 6 sec = 1 unable = 0	
6.	Turn 360 degrees			Discontinuous steps = 0 Continuous steps = 2 Unsteady (grabs, staggers) = 0 Steady = 2	
7.	50-foot walk test. Starting sitting for instructions.	Seconds		≤ 15 sec = 4 15.5- 20 sec = 3 20.5 - 25 sec = 2 >25 sec = 1 unable = 0	
8.	Climb one flight of stairs.*	Seconds		≤ 5 sec = 4 5.5- 10 sec = 3 10.5 - 15 sec = 2 >15 sec = 1 unable = 0	
9.	Climb stairs.*			Number of flights of stairs up and down (maximum 4)	
	TOTAL SCORE (maximum 36 for nine-item, 28 for seven-item)				
	(*Round time measurements to nearest 0.5 seconds.) (* omit for 7 item test)			9-item score	

Physical Performance Test Ppt Study Guide

Camilla Rothe



Physical Performance Test Ppt Study Guide:

Physical Therapist Assistant Exam Review Guide Mark Dutton, 2011-05-11 Begin the task of studying for the National Physical Therapy Examination NPTE for Physical Therapist Assistants PTAs by concentrating on those subject areas where you need the most help Physical Therapist Assistant Exam Review Guide includes a bound in online access code for JB TestPrep PTA Exam Review Both resources provide thorough exam preparation help for physical therapist assistant candidates preparing to sit for the certification exam Physical Therapist Assistant Exam Review Guide incorporates thorough overviews of exam content consistent with the Guide to Physical Therapist Practice and the NPTE for PTAs detailing the fundamentals of the profession the body's systems and therapeutic procedures and providing dedicated chapters on pediatrics geriatrics and pharmacology Study questions in each chapter test reader comprehension Key Points boxes highlight important information throughout and tables and figures provide visual points of reference for learners JB TestPrep PTA Exam Review is a dynamic web based program includes interactive exam style questions with instant feedback providing answers and explanations for review and study Test takers can also complete a full final exam and browse their results including a performance analysis summary that highlights which topics require further study All exam results are saved for later viewing to track progress and improvement **KEY FEATURES** Presents detailed content overviews consistent with the Guide to Physical Therapist Practice and the NPTE content Includes basic helpful information on taking the NPTE for PTAs Contains the latest AHA CPR guidelines Provides a variety of exam style questions with answers and explanations Gives instant feedback to sample exams in the online program Appendices Include Guide For Conduct of the Physical Therapist Assistant Standards of Ethical Conduct for the Physical Therapist Assistant Standards of Practice for Physical Therapy The 24 hour Clock and Units of International Measure By the time you are done with the Physical Therapist Assistant Exam Review Guide and JB TestPrep PTA Exam Review you will feel confident and prepared to complete the final step in the certification process passing the examination

Physical Rehabilitation - E-Book Michelle H. Cameron, Linda G Monroe, 2007-04-05 The only physical rehabilitation text modeled after the concepts of the APTA's Guide to Physical Therapist Practice 2nd Edition this detailed resource provides the most complete coverage of rehabilitation across the preferred practice patterns of physical therapy all in one place Each chapter is consistently organized to make it easy to find the information you need with clear guidelines examples and summaries based on the latest clinical evidence to help you improve quality of care and ensure positive patient outcomes In depth evidence based coverage of more key content areas than any other rehabilitation resource of its kind including orthopedics neurology and wound management ensures a comprehensive understanding of rehabilitation supported by the latest clinical research More than 65 case studies present a problem based approach to rehabilitation and detail practical real world applications Over 600 full color illustrations clarify concepts and techniques A FREE companion CD prepares you for practice with printable examination forms and reference lists from the text linked to Medline abstracts

and reinforces understanding through interactive boards style review questions and vocabulary building exercises

Developing Clinical Indicators for Needed Skilled Nursing Facility Care Robert Schmitz,2001 **Physical Rehabilitation for the Physical Therapist Assistant** Linda G Monroe,2010-10-05 Prepare for practice with the book tailored specifically for physical therapist assistants Physical Rehabilitation for the Physical Therapist Assistant provides a clear easy to read evidence based guide to the PTA s role in patient management covering the core concepts related to physical rehabilitation and emphasizing the PTA s role in intervention A treatment oriented focus addresses each of the four categories of the American Physical Therapy Association APTA Preferred Practice Patterns musculoskeletal neuromuscular cardiopulmonary and integumentary The final section of the book addresses interventions which overlap many practice patterns Written by rehabilitation experts Michelle Cameron MD PT and Linda Monroe MPT in consultation with Susan Schmidt a practicing PTA and Carla Gleaton the director of a PTA education program this text will be a valuable resource both in the classroom and in professional practice Comprehensive evidence based coverage of rehabilitation includes sections on pathology examination evaluation diagnosis and prognosis clinical signs and intervention emphasizing the PTA s role in intervention Unique A consistent organized approach covers physical therapy intervention by disorder with full discussions of each condition found in a single chapter Format follows the Guide to Physical Therapist Practice 2nd Edition so you become familiar with the terminology used in therapy practice Clinical Pearls highlight key information Unique Full color illustrations clearly demonstrate pathologies and interventions Case studies with discussion questions guide you through specific patient interactions to build your clinical reasoning skills Glossaries in each chapter define key terms to build your clinical vocabulary Unique Student resources on the companion Evolve website enhance your learning with vocabulary building exercises boards style practice test questions examples of commonly used forms and references from the book linked to Medline *Geriatric Physical Therapy - eBook* Andrew A. Guccione,Dale Avers,Rita Wong,2011-03-07 Geriatric Physical Therapy offers a comprehensive presentation of geriatric physical therapy science and practice Thoroughly revised and updated editors Andrew Guccione Rita Wong and Dale Avers and their contributors provide current information on aging related changes in function the impact of these changes on patient examination and evaluation and intervention approaches that maximize optimal aging Chapters emphasize evidence based content that clinicians can use throughout the patient management process Six new chapters include Exercise Prescription Older Adults and Their Families Impaired Joint Mobility Impaired Motor Control Home based Service Delivery and Hospice and End of Life Clinically accurate and relevant while at the same time exploring theory and rationale for evidence based practice it s perfect for students and practicing clinicians It s also an excellent study aid for the Geriatric Physical Therapy Specialization exam Comprehensive coverage provides all the foundational knowledge needed for effective management of geriatric disorders Content is written and reviewed by leading experts in the field to ensure information is authoritative comprehensive current and clinically accurate

A highly readable writing style and consistent organization make it easy to understand difficult concepts. Tables and boxes organize and summarize important information and highlight key points for quick reference. A well-referenced and scientific approach provides the depth to understand processes and procedures. Theory mixed with real case examples show how concepts apply to practice and help you enhance clinical decision-making skills. Standard APTA terminology familiarizes you with terms used in practice. A new chapter, Exercise Prescription, highlights evidence-based exercise prescription and the role of physical activity and exercise on the aging process. A new chapter, Older Adults and Their Families, helps physical therapists understand the role spouses, partners, and adult children can play in rehabilitation from providing emotional support to assisting with exercise programs and other daily living activities. New chapters on Impaired Joint Mobility, Impaired Motor Control, Home-based Service Delivery, and Hospice and End of Life expand coverage of established and emerging topics in physical therapy. Incorporates two conceptual models: the Guide to Physical Therapist Practice, 2nd Edition and the International Classification of Function, Disability, and Health (ICF) of the World Health Organization (WHO) with an emphasis on enabling function and enhancing participation rather than concentrating on dysfunction and disability. A companion Evolve website includes all references linked to MEDLINE as well as helpful links to other relevant websites.

Encyclopedia of Health and Aging Kyriakos S. Markides, 2007-04-13. The Encyclopedia of Aging and Health is both a comprehensive reference of best practices across gerontology-related fields and a philosophical work that inspires its readers to embrace a loftier and more global view of aging beyond disability and medications. Gerontologist. As an ever-increasing percentage of the population of western societies enters old age, health issues grow in importance in terms of the well-being of this population, economic impact within the health care system, impacts on families and family relationships, and so many other ways. The Encyclopedia of Health and Aging presents state-of-the-art research and ready-to-use facts on health and aging. This one-volume resource captures some of the excitement of the research in the field in terms of new findings as well as conceptual developments guiding research practice and policy. With more than 200 entries, it covers the biological, psychological, social, and economic aspects of health and aging and impacts within the health care system. This Encyclopedia also focuses heavily on geriatrics with respect to geriatric syndromes and common diseases of aging. Key Features: Addresses a full spectrum of topics including acute illness, Alzheimer's disease, bereavement, economic dependency, health care costs, health promotion, hospice care, long-term care, medications, nursing homes, optimal aging, public policy, quality of life, spousal care, giving, widowhood, and much more. Discusses landmark studies such as Duke Longitudinal Studies, the Established Populations for the Epidemiological Study of the Elderly, Health and Retirement Study, and the National Long-Term Care Survey, as well as important programs: Social Security, Meals on Wheels, and Medicaid/Medicare, etc. Offers cross-disciplinary coverage with contributions from the fields of gerontology, epidemiology, health psychology, biology, sociology, health and medicine, and public policy. Provides health and aging issues from around the world, including Mexico, Canada, Latin America.

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The Encyclopedia of Elder Care Eugenia L. Siegler MD, FACP, Elizabeth Capezuti PhD, RN, FAAN, Mathy Mezey EdD, RN, FAAN, 2007-10-25 Focusing on the broad but practical notions of how to care for the patient The Encyclopedia of Elder Care a state of the art resource features nearly 300 articles written by experts in the field Multidisciplinary by nature all aspects of clinical care of the elderly are addressed Coverage includes acute and chronic disease home care including family based care provisions nursing home care rehabilitation health promotion disease prevention education case management social services assisted living advance directives palliative care and much more Each article concludes with specialty web site listings to help direct the reader to further resources Features new to this second edition More extensive use of on line resources for further information on topics Thoroughly updated entries and references Inclusion of current research in geriatrics reflecting evidence based practice New topics including Assisted Living Nursing Home Managed Care Self Neglect Environmental Modifications Home Institution Technology Neuropsychological Assessment Psychoactive Medications Pain Acute and Chronic Still the only reference of it kind The Encyclopedia of Elder Care will prove to be an indispensable tool for all professionals in the field of aging such as nurses physicians social workers counselors health administrators and more

Facts and Research in Gerontology, 1992 J. L. Albarede, Bruno J. Vellas, 1992 **Facts and Research in Gerontology**, 1992 Masters Abstracts International, 1996 Reports of Cases Argued and Determined in the Supreme Judicial Court of the Commonwealth of Massachusetts Massachusetts. Supreme Judicial Court, 2000 **Assessing the Health Status of Older Adults** Elena Andresen, Barbara Rothenberg (M.P.A.), James G. Zimmer, 1997 This volume reviews widely used methods for measuring the health status of older adults and addresses the assets and limitations of the most useful instruments and procedures The text summarizes and critiques the seminal literature on health assessment for older adults and provides suggestions for choosing among competing instruments for a variety of settings and uses *Assessing Older Persons* Robert L. Kane, Rosalie A. Kane, 2000 This is a unique text and reference on the multidimensional assessment of older persons It combines detailed accounts of measures for a wide range of functions with discussions of their applications in the care of older persons The effort throughout is to combine information on specific measures with insight into how and when each measure should be used

Excerpta Medica, 1991 **Practice of Geriatrics** Edmund H. Duthie, Paul Richard Katz, Michael L. Malone, 2007 Aids the reader in providing effective care for a growing patient population Covers the latest clinical protocols and management

challenges in geriatric care Provides current guidance on systems of care elder abuse medication use sexuality and more

Clinical Gerontological Nursing Joyce Takano Stone, Jean Frances Wyman, Sally A. Salisbury, 1999 This AJN Book of the Year provides current treatment approaches to nursing care in a variety of health care settings the home hospitals clinics and nursing homes Research based and fully revised it discusses the problems and syndromes seen in the older population and covers topics in depth providing a synthesis of difficult to find material Discussions of assessment instruments guidelines protocols and resources are provided to assist nurses in the management of these clinical problems This edition also features 12 new chapters that focus on topics such as legal aspects pain and discomfort cardiovascular problems sensory disorders and intimacy and sexuality

Fair Employment Practice Cases ,1980 With case table **FAIR EMPLOMENT PRACTICE CASES** ,1980 Employment Practices Decisions ,1980 **National Union Catalog** ,1972 Includes entries for maps and atlases

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Table of Contents Physical Performance Test Ppt Study Guide

1. Understanding the eBook Physical Performance Test Ppt Study Guide
 - The Rise of Digital Reading Physical Performance Test Ppt Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Physical Performance Test Ppt Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Physical Performance Test Ppt Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Physical Performance Test Ppt Study Guide
 - Personalized Recommendations
 - Physical Performance Test Ppt Study Guide User Reviews and Ratings

- Physical Performance Test Ppt Study Guide and Bestseller Lists
- 5. Accessing Physical Performance Test Ppt Study Guide Free and Paid eBooks
 - Physical Performance Test Ppt Study Guide Public Domain eBooks
 - Physical Performance Test Ppt Study Guide eBook Subscription Services
 - Physical Performance Test Ppt Study Guide Budget-Friendly Options
- 6. Navigating Physical Performance Test Ppt Study Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Physical Performance Test Ppt Study Guide Compatibility with Devices
 - Physical Performance Test Ppt Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Physical Performance Test Ppt Study Guide
 - Highlighting and Note-Taking Physical Performance Test Ppt Study Guide
 - Interactive Elements Physical Performance Test Ppt Study Guide
- 8. Staying Engaged with Physical Performance Test Ppt Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Physical Performance Test Ppt Study Guide
- 9. Balancing eBooks and Physical Books Physical Performance Test Ppt Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Physical Performance Test Ppt Study Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Physical Performance Test Ppt Study Guide
 - Setting Reading Goals Physical Performance Test Ppt Study Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Physical Performance Test Ppt Study Guide
 - Fact-Checking eBook Content of Physical Performance Test Ppt Study Guide
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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