

Physical Functional Performance for Persons using Wheelchairs (WC-PFP) TEST ADMINISTRATION

Precede each task with the dialog and demonstration. After the participant has been given the instructions continue with the following:

LEVEL 1 TASKS

1. Lift and transfer pan of weight:

Show the participant the pan. Without lifting and while you place sand bags into the pan ask them to indicate how much they can lift from their lap onto the counter.

- 1) Place the pan with the weight into the participant's lap and ask them to lift it onto the counter.
- 2) If the participant cannot lift the weight, remove 1/2 pound sacks until they participant can accomplish the task.
- 3) If the participant can lift the weight, ask if they believe they can lift more. If, yes, add 1/2 pound sacks until they are unable to lift it anymore.
- 4) Record weight

2. Transfer and Pour:

Purpose: to carry the most water from the one counter to another and fill a cup with the water (gallon jug + cup = 4.3 kg). Knowing this the participant judges the quantity of water he/she can carry to perform this task successfully.

- 1) Participant starts with a full jug of water (not over the fill line) and pours out water until it is the desired weight.
- 2) Participant starts at one counter with hands at side. Say "Ready, set, go" start timer.
- 3) Participant carries jug of water from one counter to another counter and pours out a cup of water to the fill line on the cup, sets jug on counter. Stop timer when jug and cup are both fully on counter.
- 5) Weigh jug of water and cup and record. Maximum weight 4.3 kg.
- 6) Record time and comments (e.g. if they did not get it to the fill line or spilled water).

3. Jacket:

Remove sweaters, transfer belt and wrist watch.

- 1) Lay the appropriate sized jacket on the bed or couch folded with sleeves together and on top.
- 2) The participant is at the foot of the bed with hands at side. Say "Ready, set, go", start timer.
- 3) The participant picks up jacket, puts it on, pulls the back down then closes it in front without zipping it and then removes the jacket and lays it back on the bed or couch.
- 4) When the jacket is fully on the participant, cue them with "now remove it"
- 5) Stop timer when the persons second hand emerges from the sleeve.
- 6) Time-out is 2 minutes.

4. Velcro® Shoe Strap:

Participant sits in a standard chair. They are handed a shoe-band with Velcro® closure put around the foot, over the shoe. The band is in the participant's lap with the Velcro® in a closed position.

- 1) Participant is sitting with back against the chair. "Ready, set, go". Start timer.
- 2) Participant opens the band, puts band over the shoe, closes, and sits back up. Stop timer when back is on chair.
- 3) Record time

5. Pick up 4 scarves: Four bright colored scarves will be on the floor 1 inch apart. The participant will be asked to pick all four scarves one at a time.

- 1) Participant is facing the scarves and sitting straight up. "Ready, set, go." Start timer
- 2) Participant picks up scarves one-at-a-time and returns to standing. Stop timer when participant's is sitting back up in the chair.
- 3) Record time.

INTERMEDIATE LEVEL 2 TESTS:

8. Laundry room:

A washing machine will contains 3 sandbags (1.36 kg each and 6 articles of clothing that total of 7.27 kg) and dry clothes for a total of 7.27 kg. Both the washer and dryer doors are closed.

- 1) The participant is positioned in front of the washer. Say "Ready, set, go", start timer.
- 2) The participant transfers the contents of the washing machine into the dryer. Close dryer door. Stop the timer when the dryer door closes.
- 3) Record time

9 Adjustable Shelf Reach

- 1) The participant is positioned in front of the adjustable shelf, about 1 foot away from the wall and pushes the shelf up with two fingers to the maximum height. This is not a timed task.
- 2) The participant place the sponge on the shelf. The participant then removes the sponge from the shelf.
- 3) Ask the participant if he/she would like to reset the shelf at a higher level and try again.
- 4) Recod the height in cm.
- 5) Record participant's sitting height.

DIFFICULT LEVEL 3 TASKS

11. Carry Groceries:

- 1) Two canvas bags are available. Describe the distance to carry bags (70 meters), grocery store, bus stop, house. The participant will follow you so you can show them the sidewalk ramps. The participants put appropriate groceries weight in bags, selecting from the groceries on the shelves. This portion is not timed. The participant starts at the start line with the bags ready to carry. Read instructions to participant, again. The participant will carry the bags to the predetermined point, turn-around and go to the a door, open the door and set the groceries on the counter. Say "Ready, set, Go" start timer. Stop the timer when bags hit counter.
- 2) Record time and any comments,
- 4) Weigh bags, record weight for each bag separately. If the participant can't lift the bag up to the counter, they may remove items one at a time until they can. Timer is running until the bag hits the counter.

12. Pull open door:

Using the double outside doors at the at the entrance have the participant go through the door where it is pulled toward the participant.

- 1) The participant is facing the door from the outside. "Ready, set, go". Start the timer.
- 2) The participant goes through the door. When the door is free of the wheel-chair or hand stop the timer.
- 3) Record time

13. Transfer to Standard Chair:

A standard straight-back chair with arms is available.

1) The participant positions him/herself adjacent to the standard chair. Say "Ready, set, go." Start timer. 2) The participant transfers to the standard chair. When fully in the standard chair stop the timer. 3) Record the time.

14 Endurance Wheel: The participant covers the greatest distance possible while negotiating the halls safely in 6 minutes.

1) Say "Ready, set, go" start timer. Walk slightly behind the participant. Give the participant 1 minute spit times. On the last lap pick up the measuring wheel (check to see that it is set at 0000). At 5 min 45 sec say "15 sec". Count down last 5 sec; "5, 4, 3, 2, 1 stop". Measure the portion of the last lap. Record the number of laps. Calculate score. Record in meters. A lap should not be shorter than 300 feet as the 'turn-around will shorten the distance that can be covered.

All the items used in this test can be found on the website: <http://www.coe.uga.edu/cs-pfp/>