


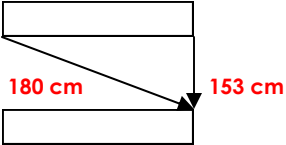
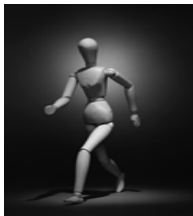





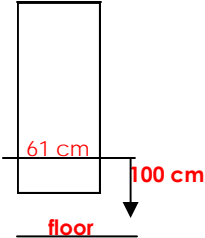
Continuous Scale Physical Functional Performance –10 (CS-PFP10)

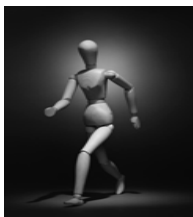
Specifications of Measurements by Task

TASK	DESCRIPTION	REQUIRED DIMENSION	MEASURED DIMENSIONS	CHECK(√) IF ITEM IS PRESENT; (X) IF NOT PRESENT
<p>Pot Carry</p>   	<p>Two counters (modification: folding tables)</p> 	<p>Height 90 +/- 2 cm (35 in)</p>		
		<p>153 cm(~60 in) from counter edge to counter edge</p>		
		<p>180 cm diagonal from counter edge to counter edge. Mark the top of the counter/table with tape at the two ends of the 180 cm distance.</p>		
	<p>Weights—patient lifts no more than 34 kg (75 lbs) :</p> <p>9 (0.5 kg/1 lb) sand bags</p> <p>18 (1.0 kg~/2.0 lb) sand bags</p> <p>9 (2.3~/5 lb) sand bags</p> <p>8 (4.5 kg~/10.0 lb) sand bags</p>			
	<p>Two pots</p>	<p>(1)10 –15 qt. steel pot</p>		
		<p>(1) 33 qt. steel pot</p>		
		<p>One steamer insert with bale handle</p>		
<p>Masking tape to mark where pot is set at start and finish on the counter</p>				
<p>Digital scales to weigh the weight chosen (capable of measuring kilograms & pounds)</p>				









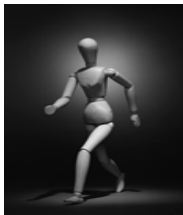
Specifications of Measurements by Task (page 2)

TASK	DESCRIPTION	REQUIRED DIMENSION	MEASURED DIMENSIONS	CHECK(✓) IF ITEM IS PRESENT; (X) IF NOT PRESENT
Jacket 	<p>Five men's lightweight broadcloth jackets; raglan sleeves; no elastic cuffs.</p> <p>Modification: White hip-length lab jacket in five sizes:</p>	<p>Broadcloth jackets: 1 each of following sizes: S, M, L, XL, 3XL</p> <p>Lab jacket: 1 each of following sizes: S (38), M (42), L (46), XL (50), 3XL (58)</p> <p>Set on surface seat to waist height.</p>		
Scarves 	<p>Four scarves (bandanas)</p>	<p>53 cm X 53 cm (21 in X 21 in) each</p> <p>Place scarves in a 2 X 2 arrangement, approximately 2.5 cm (1 in) apart.</p>		
Reach 	<p>Stadiometer</p>  <p>Footstool for tester</p> <p>Sponge</p>	<p>Determination of correction factor: measure the distance from the floor to the first full centimeter shown at the bottom of the scale from the actual number measured. This is the correction factor. Make a note of this on the wall next to the scale.</p> <p>Example: first full centimeter show at the bottom of the scale is 61 cm. Measurement from floor to the number '61' is 100 cm. 100 cm is the actual distance. $100\text{ cm} - 61 = 39\text{ cm}$. 39 is the correction factor that will be noted on the wall and used to correct the standing height and the reach height.</p> <p>20 cm x 9 cm x 2.5 cm (8 in x 3.5 in x 1in) approximately</p>		







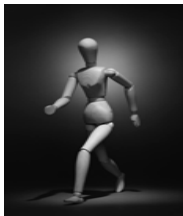
Specifications of Measurements by Task (page 3)

TASK	DESCRIPTION	REQUIRED DIMENSION	MEASURED DIMENSIONS	CHECK(✓) IF ITEM IS PRESENT; (X) IF NOT PRESENT	
Floor Sweep   	Tile floor area	122 cm x 152 cm (4 ft x 5 ft) minimum			
	Taped area for spreading kitty litter	91 cm x 122 cm (3 ft. x 4 ft)			
	Dustpan: 1 short handled home size (Modification: long handled dustpan for hip fracture patients)	The distance for placement at stop is one meter (39.4 in) from the edge of the sweep area (dust pan is on counter; long handled dust pan on marked area of floor)			
	1 broom with synthetic fibers with split ends; may need to purchase separate broom.	Base approximately 36 cm (14 in) wide			
	Measuring cup	To measure 118 cc (1/2 cup) kitty litter			
	Kitty litter contrasting to the floor color	1 lb. bag			
	Plastic shoe box to store kitty litter				
	Masking tape to mark start position of broom and dustpan				
Laundry   	6 articles of adult-sized clothing; do not include large robes, sheets or towels	Clothing should weigh ~ 1.8 kg (~4 lbs) dry			
	Sand bags—if type with straps, removes straps) Vinyl-covered sand bags are covered with web netting or tube socks.	Total weight = 4.5 kg (~9 lbs) 3 (1 kg/~2 lbs) sand bags 1 (1.5 kg/~3 lbs) sand bag			
	Laundry basket	Total weight of clothes + basket + weights = 7.3 kg (~16 lbs) Mark for basket position 61 cm (~2 feet) from front of dryer, same side as door handle			






Specifications of Measurements by Task (page 4)

TASK	DESCRIPTION	REQUIRED DIMENSION	MEASURED DIMENSIONS	CHECK(✓) IF ITEM IS PRESENT; (X) IF NOT PRESENT
<p>Laundry (cont.)</p>   	<p>Washer machine—top loading (two portable examples shown)</p>	<p>Washer: 90 cm (35.4 in) from floor to top of washer; 58 cm (22.8 in) from bottom of inside washer to opening; 44 cm (17.3 in) diameter washer opening</p>		
<p>Dryer—front loading, right hinge door (opens to right) (two portable examples shown)</p>	<p>Dryer: 72 cm (28.3 in) from floor to top of dryer opening; 38 cm (14.9 in) diameter dryer opening Washer and dryer 4 cm (1.6 in) apart; combined front width is 134.62 cm (53 in)</p>			
<p>Masking tape to mark position of clothes basket at beginning of task (laundry 2)</p>	<p>61 cm (~2 ft) from front of dryer, same side as door handle.</p>			
<p>A counter to the right of dryer on which to set clothes basket (Modification: can set clothes basket on top of dryer)</p>	<p>Counter 90 cm (35 in) from floor</p>			
<p>Floor Down/Up</p> 	<p>Two sturdy chairs placed along side of patient with rubber stoppers on chair legs. Chair is not placed on the mat.</p>	<p>Seat height from floor is approximately 43 cm (17 in)</p>		
<p>Exercise mat for patient to sit on. (Flaghouse Rehab Mat)</p>	<p>122 cm x 183 cm (4 ft x 6 ft), 6 cm (2.36 in) thick</p>			









Specifications of Measurements by Task (page 5)

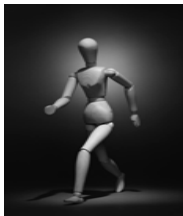
TASK	DESCRIPTION	REQUIRED DIMENSION	MEASURED DIMENSIONS	CHECK(✓) IF ITEM IS PRESENT; (X) IF NOT PRESENT
<p>Grocery</p>   	<p>Total walking distance (may be configured in the most convenient way); unobstructed clear path that includes four steps and passage through a door, ending at the counter (or table)</p>	<p>Equal to 52.3 m (57.2 yds) including the up and down the stair platform. Almost entire distance groceries will be carried needs to be visible from start point.</p>		
	<p>Three-step platform with hand rails (used if the stair task is 9-11 steps)</p>	<p>Three step: step depth is 29 cm (11.2 in); step height is 21 cm (8.2 in); Total platform height is 63.5 cm (25 in)</p>		
	<p>Four-step platform with hand rails placed against wall for stability (used if the stair task is also 4 steps up and down the same platform)</p>	<p>Four-step: platform L 76cm (30in) x W 76cm (30in) x H 61 cm (24in); Each step: L 72cm (28 1/3in) x W 30.5 cm (12 in) x H 15.25 cm (6in); Overall: L 164.5cm (64 3/4in) x W 83cm (32 3/4) x H 141 cm (55 3/4in)</p>		
	<p>Kitchen counter on which to place bags (may use folding table)</p>	<p>Height 90 +/- 2 cm (35 in) from floor</p>		
	<p>Grocery items of varied weight and volume (suggested list*); include items with bulk but of light weight, such as paper towels and paper napkins.</p>	<p>Total weight available is 36.3 kg (80 lbs): 1 box tea bags (48 count) 2 six-bar packages soap (142 grams/5 oz each bar) 2 bottles juice (1.89 l/64 oz each) 9 cans food (305 grams/10 3/4 oz to 432 grams/15.25 oz each) 2 bags rice (2.3 kg/5 lbs each) • 2 bags flour (2.3 kg/5 lbs each) 1 container salt (.5 kg/1 lb) 2 cans cleanser (397 g/28 oz each) 4 cans food (739g/28 oz each) • 2 boxes macaroni (205.5g/7.25 oz. each) 2 rolls paper towels • 1 large package napkins 4 boxes pudding (110g/3.9 oz each) • 1 box detergent (1.8 kg/65 oz)</p>		
<p>Table or shelf to display groceries</p>				








Continuous Scale Physical Functional Performance -10 (CS-PFP10)

Specifications of Measurements by Task (page 6)

TASK	DESCRIPTION	REQUIRED DIMENSION	MEASURED DIMENSIONS	CHECK(✓) IF ITEM IS PRESENT; (X) IF NOT PRESENT
Grocery (cont.)  	<p>Four sturdy fabric tote bags with handles</p> <p>Two 12" (30.5 cm) cones to mark turn-arounds</p>	<p>2 large and 2 medium</p>		
Stair Climb  	<p>Nine to eleven steps with handrail</p> <p>Modification: Four-step platform with hand rails placed against the wall for stability (dimensions same as in grocery task)</p>			
Six-minute Walk  	<p>Clear, straight, unobstructed and well-lighted hall with flat, non-skid surface, clear of traffic. If doors open into area, may use door stops and/or person to secure door(s) during testing.</p> <p>Two 12" (30.5 cm) cones (from grocery task) to mark legs (2 legs = 1 lap)</p> <p>Measuring wheel to measure partial distance covered (metric)</p> <p>Chairs placed along the course or a standard wheelchair available for patients that wish to rest (as needed)</p> <p>Masking tape to mark route (if needed)</p>	<p>Distance of leg –50 meters—the goal is fewer than 12-14 turnarounds per six minutes. Modification: 30-35 meters for subjects with slower gait.</p>	<p>Distance of leg _____</p>	



Specifications of Measurements by Task (page 7)

TASK	DESCRIPTION	REQUIRED DIMENSION	MEASURED DIMENSIONS	CHECK(✓) IF ITEM IS PRESENT; (X) IF NOT PRESENT
<p>Additional Materials</p>     	<p>Safety gait belt</p>	<p>2 in wide gait belt in varying lengths—137 cm (54 in); 183 cm (72 in)</p>		
	<p>Body weight scale</p> <p>Body height</p>	<p>Weight in kilograms</p> <p>Measurement in centimeters (stadiometer (reach) can be used by adding correction factor)</p>		
	<p>Drinking water, cups, orange juice (for diabetics), rest room</p>			
	<p>Metal tape measure in metric units, masking tape (to mark the measured positions for the individual tasks and to mark positions of items that may be moved when lab is not in use), pens, Sharpie marking pen</p>			
	<p>Clipboard</p> <p>Sport timing stop watch as shown</p> <p>PFP-10 Datasheet</p> <p>PFP-10 data management software or SPSS statistical program</p> <p>Borg RPE scale (range: 6-20)(Borg G. Perceived exertion is an indicator of somatic stress. Scand J Rehab Med 1970; 2z:92-8)</p>			
	<p>Rolling utility cart may be helpful if supplies need to be transported</p>			
	<p>Wheelchair</p>			