**Capability Test for: Mr. WXYZ Date: July 19, 2017**

Ask and encourage the resident to do each of the following:

1. Range of Motion (ROM)

* Full ROM to 180 degrees of abduction (hands over head) \_\_**1\_**\_ (1 point if yes, 0 if no.)
* Full external rotation (hands behind head) \_**1**\_\_\_\_ (1 point if yes, 0 if no)
* Full internal rotation and adduction (hands in small of back) \_\_**0**\_\_ (1 point if yes, 0 if no)

1. Either lying or sitting, point and flex your toes, bend and straighten your knees, and/or if sitting, ask to march.

* Able to flex ankle\_\_**1**\_\_ (1 point if yes, 0 if no)
* Able to point toe\_\_**1**\_\_\_ (1 point if yes, 0 if no)
* Able to bend and straighten knees \_\_\_**1**\_\_\_ (1 point if yes, 0 if no)
* Able to march \_\_\_**1**\_**(weak)**\_ (1 point if yes, 0 if no)

1. Chair rise - observe to do this independently or how much help is needed (give up to 10 minutes to complete the task)

* How many tries does it take? \_\_**0**\_ (Scoring: 1-3 tries= 1 point; > 3 tries = 0 points)
* Do they use their arms? \_\_\_**0**\_\_\_ (0 point if yes, 1 if no)
* Can they make it to a full stand and stand independently for 1 minute? \_\_\_**0**\_\_

(1 point if yes, 0 if no)

4. Follow a one, two, or three step commands doing a functional task:

Ask the participant to take a towel, fold it in half, and put it on the table (bedside table or bed or whatever is available).

* Follows a one-step verbal command \_\_**0**\_\_\_\_ (1point if yes, 0 if no)
* Follows a two-step verbal command \_\_\_**0**\_\_\_\_(1point if yes, 0 if no)
* Follows a three-step verbal command \_\_\_**0**\_\_\_ (1point if yes, 0 if no)
* Follows a one-step visual/cueing command \_\_\_**1**\_\_\_ (1 point if yes, 0 if no)
* Follows a two-step visual/cueing command \_\_\_**0**\_\_\_ (1point if yes, 0 if no)
* Follows a three-step visual/cueing command \_\_\_**0**\_\_\_ (1 point if yes, 0 if no)

Total Score: **7** (max = 16)

HIGHER SCORES ARE BETTER CAPABILITY