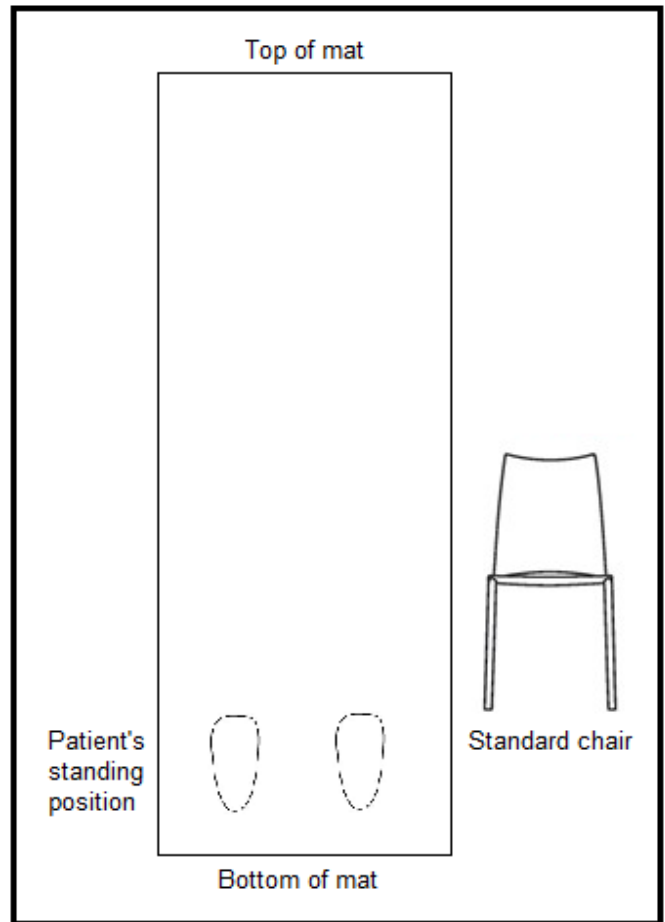


Equipment needed for set-up: Stopwatch, mat, and a standard chair without arms
Equipment for Adaptations: 2nd chair without arms, Aerex cushion, firm pillow ~4-5” or wedge)
Set-up: The mat is to be placed on the floor with a standard chair placed on the patient’s dominant side, off of the mat. The chair should be placed along the proximal half of the mat, within the patient’s reach (see image below).

Pre-Test Instructions:

- “I want you to get down on the floor, touch your chest, abdomen, and hips to the mat, and then come back up to upright standing. I want you to do this as quickly but as safely as you can. You are going to start and end with your feet at the bottom of the mat (see image). This is how I would do it.”
- Demonstrate the floor transfer, transferring from standing to prone (chest, abdomen, and hips making full contact with the floor) and back to an upright standing position.
- “You can perform it however you would like. There is a chair and these pieces of equipment to assist you. I am also here to assist if needed.



Prior to administering test, ask the person the following question:

- “On a scale of 0-10, how confident are you, that you will be able to perform this transfer?”
 (0, not confident at all to 10, extremely confident)_____

What will happen next: “I will say, “ready, set, go” and the timer will start when I say ‘Go’ and stop when you achieve a full upright standing position with balance.”

Let’s Start: “ready, set, go”

Scoring:

1. Time taken to perform transfer stand to/from prone **TIME:** _____
 (Circle SCORE)
- 4) < 8 seconds
 - 3) < 18 seconds
 - 2) < 40 seconds
 - 1) > 40 seconds
 - 0) Unable or declines attempt → Patient will score 0/9 for entirety of test.

- 2. Use of chair, adaptations, cues or physical assistance to perform the S-P-S transfer**
- 3) No chair or adaptations needed. Able to perform without cueing or physical assistance
 - 2) Requires use of chair x1 but does **not** require cueing or physical assistance.
 - 1) Requires use of chair x1 and cueing but no physical assistance
 - 0) Requires use of chair x1 and cueing and **physical assistance**
- (Circle options in chart below and SCORE)**

Chair x1	Adaptations (not penalized)	Cues Visual/Verbal/Tactile	Physical Assist	Score
No	Airex, Pillow, Wedge	No	No	3
Yes	Chair x2, Airex, Pillow, Wedge	No	No	2
Yes	Chair x2, Airex, Pillow, Wedge	Yes	No	1
Yes	Chair x2, Airex, Pillow, Wedge	Yes	Yes	0*

<p>*If “0”, circle most advanced position <u>achieved</u> Tall kneeling Quadruped ½ kneeling Prone</p> <p>*If unable to score, circle why Refused / Deemed unsafe</p>	<p>Notes</p>
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3. Movement quality: (Circle SCORE and note Deficits below)

- 2) Normal, fluid motion. No deficits evident.
- 1) 1 deficit evident, directly impacting transfer
- 0) 2+ deficits evident, directly impacting transfer and safety (see list below).

Deficits (circle all that apply):

- Decreased strength
- Decreased ROM
- Unsteadiness in standing
- Uncontrolled transitional movement
- Festination or freezing
- Fear
- Pain
- Dizziness/Light-headedness
- Other: _____

After administering the test, ask the person the following question:

- “On a scale of 0-10, how confident are you, that you will be able to perform this transfer?”
 (0, not confident at all to 10, extremely confident) _____

Time: _____ **Total score for Items #1-2-3 (out of 9):** _____

Administered by: _____