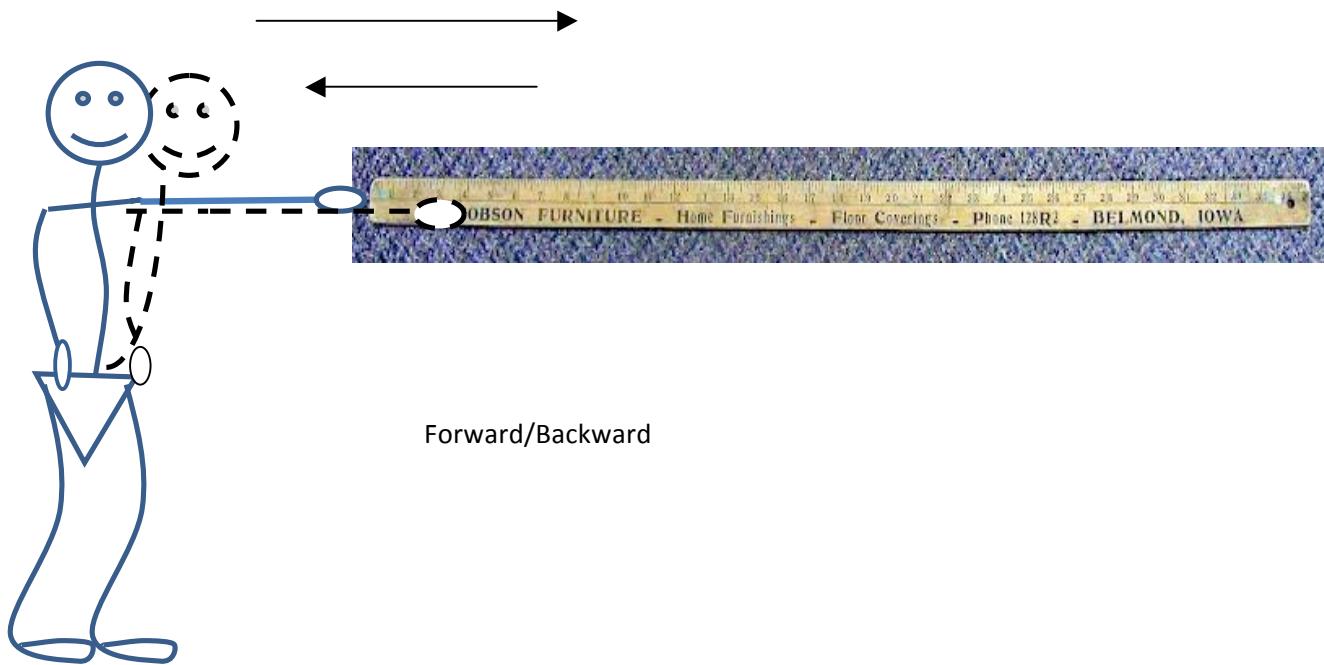


Functional Reach Test (FR):



Equipment:

- Yardstick
- Duct tape or Velcro

Set-up:

A yardstick and duct tape or Velcro will be needed for the assessment.

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The yardstick should be attached to the wall at the level of the patient's acromion.

Standing Instructions:

1. The patient is instructed to stand next to, but not touching, a wall and position the arm that is closer to the wall at **90 degrees** of shoulder flexion with a closed fist.
2. The evaluator records the starting position of the **3rd** metacarpal head on the yardstick.
3. Instruct the patient to "Reach as far as you can forward without taking a step."
4. The new location of the **3rd** metacarpal in relationship to the yardstick is recorded.
5. Scores are determined by assessing the difference between the start and end position is the reach distance, usually measured in inches.
6. Three trials are done and the average of the last two trials is recorded.

Multidirectional Reach

1. Forward (same as Functional Reach)
2. **Backward:** the starting position is the same as the Functional Reach with arm closest to the wall at **90 degrees** of shoulder flexion with the closed fist. Keep the elbow extended and the arm reaching forward (along the yardstick). Instruct the patient to "Lean as far as you can backward without taking a step." Follow steps 4-6 above to complete the test.
3. **Sideway to the right:** stand with back to wall, and **right** elbow extended with arm closest to the wall at **90 degrees** of shoulder abduction with a closed fist reaching along the level of the yardstick (without touching yardstick or the wall). Instruct the patient to "Lean to the **right** as far as you can without taking a step." Follow steps 4-6 above to complete the test.
4. **Sideways to the left:** stand with back to wall, and **left** elbow extended with arm with arm closest to the wall at **90 degrees** of shoulder abduction with a closed fist reaching along the level of the yardstick (without touching yardstick or the wall). Instruct the patient to "Lean to the **left** as far as you can without taking a step." Follow steps 4-6 above to complete the test.

References:

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