

# Critical Thinking Skills: Sit to Stand

## Watch

Watch the following video:

- **Early Gait Training: Difficulties with Sit to Stand and Stand to Sit**

1. What is the level of assist for the sit to stand transition? How are you determining this?

2. How much verbal cueing does the patient need for the task? Do you feel the verbal cueing was appropriate? Why or why not? What could you do differently?

3. Is sit to stand an impairment or a functional activity?

4. What participation activities incorporate sit to stand as a major component?

5. Where on the mobility>stability>controlled (dynamic) stability>skill continuum does sit to stand fall? Defend your answer. Discuss how this influences your critical thinking regarding treatment planning.

6. What challenges exist when assisting a patient from sit to stand? Remember to think big picture.

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7. List all possible impairments that you think may be contributing to this patient's functional limitation of decreased ability to move from sit to stand. Use professional terms and be specific.

8. What examination strategies would you use to determine if the impairments are present or not?

9. As you begin to treatment plan, determine how the task and the environment will influence this patient's motor output. Remember to include things like feedback, task set up, practice conditions, verbal and tactile cueing, etc.