

## PRACTICE LAB

Name \_\_\_\_\_

Date \_\_\_\_\_

Group Task \_\_\_\_\_

### Observations of Movement During Functional Tasks

- I. **DESCRIBE YOUR GROUP'S TASK** *Be specific: describe the physical properties of each item used and the room (environment) where the task was performed.*

#### II. DEMONSTRATE TASK & OBSERVE

1. Each person in the group completes the task as they normally would
2. Other members of the group observe and record their observations (individually)
3. For each person in the group, note which movement components are necessary for the task (i.e., trunk flexion/extension, trunk rotation, hip flexion, hip ER, knee flexion, ankle pronation, toe extension, shoulder flexion, elbow extension, forearm supination, wrist extension, finger flexion, etc.)
4. Note variations (movements not shared by each group member)

#### III. PRESENT FINDINGS

(Report, as a group, to the class. As each group presents their findings, have students demonstrate the movements for the class to see)

1. Movement components shared by all members of the group (typical)
  
2. Variations in movement components - not shared by all members of the group (atypical)
  
3. Possible underlying factors which contribute to atypical movements. Use the ICF Framework or the OTPF (i.e., impairments of body functions and body structures)