



Movement Analysis

Instructions

1. View videos in small groups and go over the questions related to each video
2. Work independently to answer questions
3. Return to your group and discuss case
4. Individually write SOAPE note for case

Watch

Watch all assigned videos:

- Acute Care Part 1: Bed Mobility Scooting Up in Bed
- Acute Care Part 4: Dizziness while Standing
- Mobility: Ambulation in Acute Care
- Mobility: Transfer from chair to bed in Acute Care
- Upper Extremity Assessment: Acute Care
- Upper Extremity ROM: Family Teaching

Movement Analysis

Questions

1. What are the precautions you need to consider when working with this patient?
Consider all the lines and leads and surgical precautions you need to be aware of and follow.

| List of Precautions | Plan to Maintain Precautions |
|---------------------|------------------------------|
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Movement Analysis

2. Complete a movement analysis of his bed to chair transfer.

| | Initial Condition Posture assessment of the initial starting position prior to the initiation of the activity | Preparation Postural set up and adjustment prior to the task. Remember this is mostly an internal process that may not be evident. | Initiation The first thing that moves as a part of the actual task | Execution Progression of the movement with description of changes in alignment, BOS with a description of movement. | Termination The final position at the end of the task. |
|-------------------|---|---|---|--|---|
| Head and Neck | | | | | |
| Upper Trunk | | | | | |
| Lower Trunk | | | | | |
| Pelvis | | | | | |
| Upper Extremities | | | | | |
| Lower Extremities | | | | | |

Movement Analysis

3. Fill out the table below to predict impairments you saw during your movement analysis for bed mobility. What objectives measures would you complete to assess the impairments? What would you predict to be the outcome of the impairment testing? How would you intervene to reduce or address the impairment (within session)?

| Predicted Impairment (based on movement analysis) | Objective Measure | Outcome | Within Session Intervention |
|--|--------------------------|----------------|--|
| | | | |
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4. View the patient videos:
- Acute Care Part 1: Bed Mobility Scooting Up in Bed
 - Acute Care Part 4: Dizziness while Standing

Movement Analysis

OPTIONAL PRACTICE (additional practice for you to help prepare for final lab practical exam)

Select one of the movement sequences in the above two patient videos. Complete a movement analysis of his _____.

| | Initial Condition Posture assessment of the initial starting position prior to the initiation of the activity | Preparation Postural set up and adjustment prior to the task. Remember this is mostly an internal process that may not be evident. | Initiation The first thing that moves as a part of the actual task | Execution Progression of the movement with description of changes in alignment, BOS with a description of movement. | Termination The final position at the end of the task. |
|-------------------|---|---|---|--|---|
| Head and Neck | | | | | |
| Upper Trunk | | | | | |
| Lower Trunk | | | | | |
| Pelvis | | | | | |
| Upper Extremities | | | | | |
| Lower Extremities | | | | | |

Movement Analysis

OPTIONAL PRACTICE (additional practice for you to help prepare for final lab practical exam)

Fill out the table below to predict impairments you saw during your movement analysis for _____ . What objectives measures would you complete to assess the impairments? What would you predict to be the outcome of the impairment testing? How would you intervene to reduce or address the impairment (within session)?

| Predicted Impairment (based on movement analysis) | Objective Measure | Outcome | Within Session Intervention |
|--|--------------------------|----------------|--|
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- View the next patient video:
 - Mobility: Ambulation in Acute Care

Using Rancho Gait Full Body Gait Form (next page), complete a gait analysis of this patient.

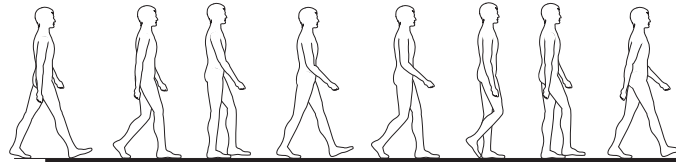
GAIT ANALYSIS: FULL BODY



Rancho Los Amigos
National Rehabilitation Center

Reference Limb:

L R



Major Deviation
 Minor Deviation

| | WA | | SLS | | SLA | | | |
|---------------------------|----|----|-----|-----|-----|-----|-----|-----|
| | IC | LR | MSt | TSt | PSw | ISw | MSw | TSw |
| Trunk | | | | | | | | |
| Lean: B/F | | | | | | | | |
| Lateral Lean: R/L | | | | | | | | |
| Rotates: B/F | | | | | | | | |
| Pelvis | | | | | | | | |
| Hikes | | | | | | | | |
| Tilt: P/A | | | | | | | | |
| Lacks Forward Rotation | | | | | | | | |
| Lacks Backward Rotation | | | | | | | | |
| Excess Forward Rotation | | | | | | | | |
| Excess Backward Rotation | | | | | | | | |
| Ipsilateral Drop | | | | | | | | |
| Contralateral Drop | | | | | | | | |
| Hip | | | | | | | | |
| Flexion: Limited | | | | | | | | |
| Excess | | | | | | | | |
| Past Retract | | | | | | | | |
| Rotation: IR/ER | | | | | | | | |
| AD/Abduction: AD/AB | | | | | | | | |
| Knee | | | | | | | | |
| Flexion: Limited | | | | | | | | |
| Excess | | | | | | | | |
| Wobbles | | | | | | | | |
| Hyperextends | | | | | | | | |
| Extension Thrust | | | | | | | | |
| Varus/Valgus: Vr/Vl | | | | | | | | |
| Excess Contralateral Flex | | | | | | | | |
| Ankle | | | | | | | | |
| Forefoot Contact | | | | | | | | |
| Foot Flat Contact | | | | | | | | |
| Foot Slap | | | | | | | | |
| Excess Plantar Flexion | | | | | | | | |
| Excess Dorsiflexion | | | | | | | | |
| Inversion/Eversion: Iv/Ev | | | | | | | | |
| Heel Off | | | | | | | | |
| No Heel Off | | | | | | | | |
| Drag | | | | | | | | |
| Contralateral Vaulting | | | | | | | | |
| Toes | | | | | | | | |
| Up | | | | | | | | |
| Inadequate Extension | | | | | | | | |
| Clawed/Hammered: Cl/Ha | | | | | | | | |

Major Problems:

(WA) Weight Acceptance

(SLS) Single Limb Support

(SLA) Swing Limb Advancement

Excessive UE Weight Bearing

Name _____

Patient # _____

Diagnosis _____

Movement Analysis

6. View the next patient video:
- Mobility: Transfer and Bed Mobility in Acute Care

Compare how he transfers back into the bed as compared to the start of the session. What are the movement differences you now see and what are the probable causes for these changes?

7. View the next two patient videos:
- Upper Extremity Assessment: Acute Care
 - Upper Extremity ROM: Family Teaching

a. What other family training do you think is needed for this patient?

b. How would you prioritize the family training?

c. Think about the important factors you would need to include during this family training session.

d. How would you ensure the family member understood your instructions?

8. Write SOAPE Note for this case.