



Functional Assessment and Exercise for the Aging Adult Part 1: Mobility Disability

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Note to Participants: There are interactive pop-up questions throughout this lecture. If you choose to pause the lecture and return at a later time, a natural break time would be after answering the interactive questions. (You are able to pause at any time and the presentation will "remember" where you were. It's just a more natural time to pause after the interactive questions.) For your convenience, this outline reflects where/when within the lecture the interactive questions occur.

This lecture has 109 slides and is 94 minutes in duration.

- I. Case Presentation
- II. Timed Up and Go Test (TUG)
 - A. Purpose and background
 - B. Procedure (movie)
 - C. Clinimetric properties
 - D. Interpretation of test scores
 - E. Impairments related to the TUG
 - F. Strengths and weaknesses
 - G. Movie

Interactive Questions – slide 30 @ 33 minutes

- III. Timed Walk Tests
 - A. 6 Minute Walk Test (6MWT)
 - 1. Purpose and background
 - 2. Procedure
 - 3. Clinimetric properties
 - 4. Physiological response of exercise including RPE
 - 5. Interpretation of scores

Interactive Questions – slide 41 @ 39 minutes

Interactive Questions – slide 50 @ 45 minutes

- B. 2 and 3 Minute Walk Tests
 - 1. Indications
 - 2. Procedures
 - 3. Interpretation of scores
- C. 400 Meter Walk Test
 - 1. Purpose
 - 2. Procedures
 - 3. Clinimetric properties
 - 4. Interpretation of scores
- D. Impairments related to timed walk tests

Notes

- E. Strengths and Weaknesses
- F. Case

Notes

Interactive Questions – slide 56 @ 51 minutes

IV. Gait Speed

- A. Purpose and background
- B. Procedure
- C. Clinimetric properties
- D. Interpretation of scores
- E. Impairments related to gait speed
- F. Strengths and weaknesses
- G. Case

Interactive Questions – slide 69 @ 61 minutes

Interactive Questions – slide 83 @ 70 minutes

Interactive Questions – slide 86 @ 72 minutes

V. Stair Climbing Test

- A. Purpose and background
- B. Procedure
- C. Clinimetric properties
- D. Interpretation of scores
- E. Impairments related to stair climbing
- F. Strengths and weaknesses
- G. Case

Interactive Questions – slide 96 @ 80 minutes

VI. Floor Rise Test

- A. Purpose and background
- B. Procedure (movie)
- C. Clinimetric properties
- D. Interpretation of scores
- E. Impairments related to floor rise test
- F. Strengths and weaknesses

VII. Summary of Case

VIII. Documentation

- A. Objective
- B. Communicating to the referral source
- C. Guidelines

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