

Function in Sitting Test

Function in Sitting Test	SS	APC	RPC
1. Anterior Nudge			PM SP
2. Posterior Nudge			PM SP
3. Lateral Nudge			PM SP
4. Static Sitting	PM		
5. Shake Head “no”		PM SP	
6. Sitting Eyes Closed	SP		
7. Sitting Lift Foot		PM	
8. Turn for Object Behind		PM	
9. Reach Forward		PM	
10. Lateral Reach		PM	
11. Pick Object off the Floor		PM	
12. Posterior Scoot		PM	
13. Anterior Scoot		PM	
14. Lateral Scoot		PM	

Diagnosis	MDC/MCID
Stroke	MDC = 5.63 MCID = 3.5
Spinal Cord Injury	MDC = 4

Considerations

- Patient begins with ½ femur length on bed/mat, knees and hips flexed to 90 degrees
- Feet flat on surface

Equipment Needs

- Stopwatch
- Tape Measure
- Small light weight object
- Stool or step
- Chair for therapist positioning

ANPT Movement System Diagnoses for Balance Dysfunction Knowledge Translation Task Force

Handout created by: Christina Burke, PT, DPT, NCS; Heidi Moyer, PT, DPT, GCS; Ana Sanchez Junkin, PT, DPT, NCS; Suzanne Trojanowski, PT, DPT, NCS; Wendy Kriekels, PT, DPT, NCS; Arco Paul, PT, PhD, NCS

KEY

Items suggestive of deficits in the areas indicated in the table.

SS = Steady state

APC = Anticipatory postural control

RPC = Reactive postural control

BC = Balance confidence

PV = Perception of verticality

PM = Postural movement strategies

SP = Sensory processing

MT = Multi-tasking

References:

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