

AWC Assessment Battery



Client's Name: _____ Age: _____ Current Date: _____

Limitations: _____

Assessment	Observation Check List	Rating/Score	Rating/Score/Comments/Notes
POSTURE & STANDING ROTATION Posture: -TPC alignment (Rib cage aligned over pelvis aligned over feet) -Head over rib cage & shoulders in line with ear/hip Standing Rotation (standing, feet together, hands on hips): Rotate to one side and come back to start. Rotate to opposite side and come back to start. 3 repetitions each direction.	POSTURE 0 = Not Able 1 = Multiple Postural Alterations 2 = Needs Some Modifications/Cueing 3 = Alignment is Optimal ROTATION Note side of more limited rotation ☐ Left ☐ Right	Score 	POSTURE Thoracopelvic Cylinder - Rib cage over pelvis alignment: Are they aligned (stacked)? ☐ Yes ☐ No Note: _____ Are the shoulders in line with the head and hips? ☐ Yes ☐ No Note: _____ Are the hips, knees, ankle and feet aligned with each other? ☐ Yes ☐ No Note: _____
SHOULDER FLEXION -Seated or standing (retest in same position) -TPC alignment, arms straight -ROM (150-180° within normal limits and within 10° between sides) -Note symmetry, ease, and comfort (pain or no pain)	0 = Not Able/Not Comfortable Attempting 1 = Attempted But, Could Not Complete 2 = Needs Some Modification/Cueing 3 = Performed Competently	Score 	Is shoulder flexion within range of acceptable motion and is symmetrical? ☐ Yes ☐ No Note: _____ Is there any forward swaying of pelvis or arching of back with shoulder flexion? ☐ Yes ☐ No Note: _____ Is there any pain during shoulder flexion? ☐ Yes ☐ No Note: _____
SIT to STAND -TPC alignment (Rib cage aligned over pelvis) -Anterior pelvic rotation -Hips, knees, ankle-feet aligned	0 = Not Able/Not Comfortable Attempting 1 = Attempted But, Could Not Complete 2 = Needs Some Modification/Cueing 3 = Performed Competently	Score 	Rocking momentum prior to standing ☐ Yes ☐ No Note: _____ Round shoulders and/or tucked pelvis ☐ Yes ☐ No Note: _____ Valgus collapse and/or toe dominant ☐ Yes ☐ No Note: _____
BAND CHEST PULL Palms down, palms up, neutral grip Elbow, wrist alignment is key	0 = Not Able/Not Comfortable Attempting 1 = Attempted But, Could Not Complete 2 = Needs Some Modification/Cueing 3 = Performed Competently	Score 	Shoulder mobility (protrusion & retraction) occurs? ☐ Yes ☐ No Note: _____ Band abduction does/can occur? (work the triangle) ☐ Yes ☐ No Note: _____

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REACH TEST (Measured to the closest 0.25")	<table border="1"> <tr> <td>Right Trial 1</td><td>Start: _____</td><td>End: _____</td><td>Total: _____</td></tr> <tr> <td>Right Trial 2</td><td>Start: _____</td><td>End: _____</td><td>Total: _____</td></tr> <tr> <td>Left Trial 1</td><td>Start: _____</td><td>End: _____</td><td>Total: _____</td></tr> <tr> <td>Left Trial 2</td><td>Start: _____</td><td>End: _____</td><td>Total: _____</td></tr> </table>	Right Trial 1	Start: _____	End: _____	Total: _____	Right Trial 2	Start: _____	End: _____	Total: _____	Left Trial 1	Start: _____	End: _____	Total: _____	Left Trial 2	Start: _____	End: _____	Total: _____	Lost balance before performing reach? ☐ Yes ☐ No Compensatory step during reach/return? ☐ Yes ☐ No Hand fell below height of ruler? ☐ Yes ☐ No Lost balance when holding reach position? ☐ Yes ☐ No Felt/appeared wobbly during reach/hold/return? ☐ Yes ☐ No More than 2" difference between right/left reach? ☐ Yes ☐ No
Right Trial 1	Start: _____	End: _____	Total: _____															
Right Trial 2	Start: _____	End: _____	Total: _____															
Left Trial 1	Start: _____	End: _____	Total: _____															
Left Trial 2	Start: _____	End: _____	Total: _____															
WALK TEST (Measured to the closest 0.01 second)	<table border="1"> <tr> <td>Right Turn Trial 1</td><td>Score: _____ seconds</td></tr> <tr> <td>Right Turn Trial 2</td><td>Score: _____ seconds</td></tr> <tr> <td>Left Turn Trial 1</td><td>Score: _____ seconds</td></tr> <tr> <td>Left Turn Trial 2</td><td>Score: _____ seconds</td></tr> </table>	Right Turn Trial 1	Score: _____ seconds	Right Turn Trial 2	Score: _____ seconds	Left Turn Trial 1	Score: _____ seconds	Left Turn Trial 2	Score: _____ seconds	Repeated efforts getting out of chair? ☐ Yes ☐ No Felt/appeared wobbly during straight line ambulation? ☐ Yes ☐ No Lost balance during cone turn/kicked over cone? ☐ Yes ☐ No Shuffled feet during straight line ambulation/cone turn? ☐ Yes ☐ No Lost balance preparing (turning) for chair sits? ☐ Yes ☐ No Chair sit was out of control (plopped down/almost fell out of chair)? ☐ Yes ☐ No								
Right Turn Trial 1	Score: _____ seconds																	
Right Turn Trial 2	Score: _____ seconds																	
Left Turn Trial 1	Score: _____ seconds																	
Left Turn Trial 2	Score: _____ seconds																	
TIMED UP & GO	For Cognitive Condition, Select a number randomly between 20 - 10. Write down which number was selected and how many were correct vs. incorrect: Trial 1: _____ sec, # given: _____, # correct _____ # incorrect _____ Trial 2: _____ sec, # given: _____, # correct _____ # incorrect _____ Trial 3: _____ sec, # given: _____, # correct _____ # incorrect _____	<table border="1"> <tr> <td> Postural Instability? ☐ Yes ☐ No Stopping Dual-Task? ☐ Yes ☐ No Change in Gait Rhythm? ☐ Yes ☐ No </td><td> Cutoff Scores TUG >13.5 Seconds TUG Cog>15 Seconds TUG Man>14.5 Seconds </td><td> Select Best Trials: Normal TUG ☐ secs TUG Cog7 ☐ sec TUG Manual ☐ sec </td></tr> </table>	Postural Instability? ☐ Yes ☐ No Stopping Dual-Task? ☐ Yes ☐ No Change in Gait Rhythm? ☐ Yes ☐ No	Cutoff Scores TUG >13.5 Seconds TUG Cog>15 Seconds TUG Man>14.5 Seconds	Select Best Trials: Normal TUG ☐ secs TUG Cog7 ☐ sec TUG Manual ☐ sec													
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Four Square Step Test	Trial 1: _____ sec, # given: _____, # correct _____ # incorrect _____ Trial 2: _____ sec, # given: _____, # correct _____ # incorrect _____ Trial 3: _____ sec, # given: _____, # correct _____ # incorrect _____	<table border="1"> <tr> <td> Postural Instability? ☐ Yes ☐ No Stopping Dual-Task? ☐ Yes ☐ No </td><td> Select Best Trials: Normal FSST ☐ secs FSST Cog ☐ sec FSST Manual ☐ sec </td></tr> </table>	Postural Instability? ☐ Yes ☐ No Stopping Dual-Task? ☐ Yes ☐ No	Select Best Trials: Normal FSST ☐ secs FSST Cog ☐ sec FSST Manual ☐ sec														
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