



Movement Observation Form

PGSS-Up (Pick-Up, Get-Up, Step-Up & Stand Series)

Clients Name: _____ Date: ____/____/____

Major Physical Limitation: _____

- Pick Up [Hinge]:** []-90° []-80° []-70° []-60° []-50° []-40° []-30° []-20° []-10° :L/R
 []-90° []-80° []-70° []-60° []-50° []-40° []-30° []-20° []-10° :R/L

Ask Client to Perform without Instruction
Feet are shoulder width apart and even
One hand on lumbar (palm out) and one on head (palm in)

- Get Up [Off the Floor]:** [] 3 [] 2 [] 1 NOTE: _____ [Lead Leg During Get Up]

Ask Client to Perform without Instruction
3 = Client can successfully get off floor efficiently with no assistance
2 = Client can successfully get off floor with assistance
1 = Client can NOT successfully or was not confident in attempting
* with number score = client utilized []6" []12" []18" boxes to perform task

- Step Up [Each Leg]:** [] 3 [] 2 [] 1 NOTE: _____ ["Butt-Up" During Assent]

Ask Client to Perform without Instruction
3 = Client can successfully step up & down with both legs correctly
2 = Client can successfully step up & down with both legs with some assistance
1 = Client can NOT successfully or was not confident in attempting
* with number score = client utilized []6" []12" []18" boxes to perform task

- Standing Shoulder:** [] 3 [] 2 [] 1 NOTE: _____ [Elbows Remain Straight]

Ask Client to Perform with Limited Instruction
3 = Client can successfully touch thumbs & squat to 90°
2 = Client can successfully touch thumbs
1 = Client can NOT successfully complete movement

Feet are shoulder width apart and even
Touch thumbs together behind the back at hip level (pronated)
Rotate the arms over head & touch thumbs together (pronated)
Keeping arms straight, perform a squat to 90°

- Standing In-Line Balance:** [] 3 [] 2 [] 1 NOTE: _____ [Off Leg in Front or Rear]

Ask Client to Perform with Limited Instruction
3 = Client can successfully stand for 2:00 on each leg without touch down
2 = Client can successfully stand for 2:00 on each leg with up to three touch downs
1 = Client can NOT successfully complete movement