



Suggested Physical Therapy Functional Tests & Measures

Using standardized functional outcome measures provides us with a common language through which we can demonstrate progress for our patients, the success of our treatment interventions, and the ability to compare our findings across multiple settings, practitioners and countries. Though this list is by no means exhaustive, it includes a variety of easy-to-administer tests that require minimal equipment and space.

Grip Strength

Though often overlooked as a clinical measure, grip strength is a useful and valid indicator of whole upper body strength, a predictor of mortality and morbidity, the risk of functional limitations and disability, a higher rehospitalization rates and decreased physical status.

- [More information about the grip strength test](#)
- [Video demonstrating the grip strength test](#)

2 Minute Walk Test (2MWT)

The 2MWT is an easy self-paced measurement of aerobic capacity and functional mobility that may help establish a baseline level of impairment in patients who may not be able to tolerate the longer 6MWT (e.g. due to cardiovascular or pulmonary conditions). It can also be used as a measure of endurance in older populations and persons with lower extremity amputations, cystic fibrosis, traumatic brain injury, and neurological disorders.

- [Downloadable Handout](#)
- [More information about the 2MWT](#)
- [Video on how to perform the 2MWT](#)

Four Square Step Test (FSST) / Modified Four Square Step Test (mFFST)

This test assesses dynamic balance and mobility, movement in multiple directions and the ability to negotiate stepping over objects (cane on the floor) and can also be used to assess fall risk. The modified version uses tape instead of canes and is appropriate when stepping over obstacles may present a hazard to the patient, e.g. post-stroke, Parkinson's disease.

- [Downloadable Handout](#)
- [More information about the FSST](#)
- [Video on how to perform FSST](#)



2 Minute Step Test

The 2 Minute Step Test is a validated alternative to the 6MWT as a measurement of exercise capacity and endurance. It can be used when space or time are limited.

- [Downloadable Handout](#)
- [Video on how to perform 2 Minute Step Test](#) (can also use tape on wall instead)

1 Minute Sit-to-Stand Test (1-MSTST)

The 1-MSTST measures exercise capacity and is useful for patients with pulmonary conditions like COPD or interstitial lung disease, especially if limited time and space make using the 6MWT impractical. It can also be used to assess functional lower body strength and endurance and exercise-induced oxygen desaturation.

- [Article that includes directions for test completion](#)

30 Second Sit-to-Stand Test (30CST) / Modified 30 Second Sit-to-Stand Test

This test assesses functional lower extremity strength, primarily in older adults. The modified version allows for use of upper extremity support. They can act as a predictor of fall risk, postural stability, concurrent or subsequent disability and the risk of mortality.

- [Downloadable Handout](#)
- [Video on how to perform the 30CST](#)

Single Leg Stance or One-Legged Stance Test (SLST or OLST)

This test assesses static balance and the ability of a patient to stand on a sound or affected limb and can act as a predictor of fall risk, postural control and lower extremity injury.

- [Downloadable Handout](#)
- [Video on how to perform One-Legged Stance Test](#)

The Physical Function in ICU Test – Scored (PFIT-s)

The PFIT-s measures changes in patients' strength and functional deficits while in the ICU. It can be administered even when the patient is very limited in their abilities and therefore is a useful and valid tool to provide objective information about impairments and limitations, allowing for the onset of appropriate early rehabilitation strategies.



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- [Downloadable Handout](#)
- [How to perform the PFIT-s](#)

The de Morton Mobility Index (DEMMI)

The DEMMI is a validated clinical tool that measures mobility across a wide spectrum of patients, from those who are bed bound to those who are independent both in function and mobility.

- [Downloadable Handout](#)
- [Video explaining the DEMMI](#)
- Video of how to administer and score the DEMMI in different settings, with patients of different capability levels:
 - o [Hospital setting](#) (lowest functioning)
 - o [Rehab care setting](#)
 - o [Outpatient clinic setting](#)
 - o [Home setting](#) (highest functioning)

If we notice our patients' mental well-being is impacting their physical motivation and success in treatment, it is within our scope of practice to briefly assess their emotional function using validated tests and measures to determine if a referral for further psychological support is appropriate or warranted.

If you are not sure how to make this referral, consider saying: "Based on your responses to the questions, I'm concerned that the way you're feeling may affect how successful you'll be in physical therapy, since we know how deeply connected our mind and body are. I'd like to give you some information and resources that might help. Would that be okay?"

2 Question Depression Test (PHQ-2)

A brief questionnaire to assess if someone has recently demonstrated a depressed mood.

- [Downloadable Handout](#)
- [Online PHQ-2 Calculator](#)

2 Question Anxiety Test (GAD-2)

A brief questionnaire to assess if someone has recently demonstrated anxiety symptoms.

- [Downloadable Handout](#)
- [Online GAD-2 Calculator](#)