

## FUNCTION IN SITTING TEST (FIST) RESULTS

<b>FIST Test Item</b>		<b>Date:</b>	<b>Date:</b>	<b>Date:</b>
½ femur on surface; hips & knees flexed to 90° <input type="checkbox"/> Used step/stool for positioning & foot support				
Randomly Administered Once	<b>Anterior Nudge:</b> superior sternum			
	<b>Posterior Nudge:</b> between scapular spines			
	<b>Lateral Nudge:</b> to dominant side at acromion			
<b>Static sitting:</b> 30 seconds				
<b>Sitting, shake 'no':</b> left and right				
<b>Sitting, eyes closed:</b> 30 seconds				
<b>Sitting, lift foot:</b> dominant side, lift foot 1 inch twice				
<b>Pick up object from behind:</b> object at midline, hands breadth posterior				
<b>Forward reach:</b> use dominant arm, must complete full motion				
<b>Lateral reach:</b> use dominant arm, clear opposite ischial tuberosity				
<b>Pick up object from floor:</b> from between feet				
<b>Posterior scooting:</b> move backwards 2 inches				
<b>Anterior scooting:</b> move forward 2 inches				
<b>Lateral scooting:</b> move to dominant side 2 inches				
<b>TOTAL</b>		/ 56	/ 56	/ 56
<b>Administered by:</b>				
<b>Notes/comments:</b>				
Scoring Key: <b>4 = Independent</b> (completes task independently & successfully) <b>3 = Verbal cues/increased time</b> (completes task independently & successfully and only needs more time/cues) <b>2 = Upper extremity support</b> (must use UE for support or assistance to complete successfully) <b>1 = Needs assistance</b> (unable to complete w/o physical assist; <b>document level: min, mod, max</b> ) <b>0 = Dependent</b> (requires complete physical assist; unable to complete successfully even w/physical assist)				