

FUNCTIONAL INDEX 3

					Borg CR-10
Muscle Group		Metronome (beats/min)	Repetitions (0-60)	% / max 60 repetitions	Muscle Exertion
Shoulder flexion (1 kg weight cuff)	Right	40			
	Left	40			
Head lift		40			
Hip flexion	Right	40			
	Left	40			

Comments for the Functional Index Test –

	Shoulder flexion		Head Lift	Hip Flexion	
	Right	Left		Right	Left
Limitation Active ROM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Limitation of Passive ROM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Used Alternate test position	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Subject fatigued with testing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Poor effort	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other (Specify)					

Short manual

Instruction to patient:

- Perform as many repetitions of each muscle group task as you can, or stop when reaching maximal number of repetitions. However, you decide when to stop due to muscle fatigue, pain or general fatigue.

Instructions to observer:

- Numbers of correct performed repetitions following five learning repetitions are registered for each task.
- If passive ROM is normal, but active ROM is limited the score is 0. Do not perform the task. If passive ROM equals active ROM perform the task within actual ROM.
- Each task is stopped if: a) the patient can not keep up the given pace and is unable to correct within three repetitions, b) the patient starts to compensate and is unable to correct within three repetitions. After completing each task, the patient is instructed to rate perceived muscular exertion on the Borg CR-10 scale from 0-10 (0=no exertion, 10=maximal exertion).
- A metronome is used to standardize the movement pace of each task. A pace of 40 beats / minute results in 20 repetitions / minute and a pace of 80 beats / minute results in 40 repetitions / minute giving a maximal of three minutes per task to reach maximal number of repetitions.