

Optimal Instrument

For office use only		
Name	DOB	Account

Instructions: Please check the box with the level of difficulty you have for each activity today.

	Able to do without any difficulty	Able to do with little difficulty	Able to do with moderate difficulty	Able to do with much difficulty	Unable to do	Not applicable
1. Lying flat						
2. Rolling over						
3. Moving-lying to sitting						
4. Sitting						
5. Squatting						
6. Bending/stooping						
7. Balancing						
8. Kneeling						
9. Standing						
10. Walking-short distance						
11. Walking-long distance						
12. Walking-outdoors						
13. Climbing stairs						
14. Hopping						
15. Jumping						
16. Running						
17. Pushing						
18. Pulling						
19. Reaching						
20. Grasping						
21. Lifting						
22. Carrying						