FUNCTIONAL MOTOR ASSESSMENT (Revised 6/16)

The assessment is divided into five major areas: 1) dexterity, 2) posture, 3) mobility, 4) sensory awareness, and 5) sports & recreation. Each of these areas contains three to six test items. In administering the assessment, observe the participant as he/she performs each test item. Each test item is further divided into a hierarchical progression of subtasks from lowest to highest ability. Score the participant by checking the box located to the left of each subtask which the participant can perform independently. If there is some question as to the participant's competence in a particular skill, require the participant to perform the task three out of five times.

Name: _____ **Date:** _____

DOB: _____ **Examiner:** _____

Physical Disabilities:
____ **Cerebral Palsy**
____ **Spina Bifida**
____ **Muscular Dystrophy**
____ **Other (please list)** _____
_____

Intellectual Disability:
____ **Mild**
____ **Moderate**
____ **Severe**
____ **Profound**

Cerebral Palsy Type:
____ **Spastic**
____ **Athetoid**
____ **Ataxic**
____ **Mixed**
____ **Rigid**

Postural Disabilities:
____ **Scoliosis**
____ **Hip Dislocations**
____ **Contractures**
____ **Brittle Bones**
____ **Other (please list)** _____
_____

Topography of Disability:
____ **Paraplegia**
____ **Hemiplegia**
____ **Diplegia**
____ **Quadriplegia**

Other Disabilities:
____ **Visually Impaired**
____ **Hearing Impaired**
____ **Seizure Disorder**
____ **Other (Please list)**_____
_____

Severity of Disability:
____ **Mild**
____ **Moderate**
____ **Severe**
____ **Rigid**

Communication Skills:
____ **Verbal**
____ **Communication Board**
____ **Sign Language**
____ **Other (Please list)**_____
_____

I. *DEXTERITY*

A. *REACHING*

____ Reaches for object with less than 5° range of motion
____ Reaches for object by extending arm to less than 90°
____ Reaches for object by extending arm to less than 180°
____ Reaches for object by extending arm to less than 180° with open hand

B. *GRASPING*

____ Shows some movement in fingers
____ Shows some movement in fingers in an attempt to grasp
____ Holds object when it is placed in the hand for less than 5 seconds
____ Holds object when it is placed in the hand for less than 15 seconds
____ Holds object when it is placed in the hand for less than 20 seconds
____ Opens fingers in an attempt to grasp
____ Opens then closes fingers around object: cannot hold
____ Opens then closes fingers around object: holds for less than 5 seconds
____ Opens then closes fingers around object: holds for less than 15 seconds
____ Holds object for more than 20 seconds
____ Holds object while moving arm

C. *RELEASING*

____ Needs assistance to release object
____ Releases object without control in less than 1 minute
____ Releases object by shaking entire arm
____ Releases object without control in less than 30 seconds
____ Releases object away from body
____ Releases object 10-15 centimeters away from body
____ Drops object into box 10-15 centimeters away from body
____ Drops object into box 20-30 centimeters away from body
____ Tosses object less than 15 centimeters away from body
____ Tosses object less than 30 centimeters away from body
____ Tosses object less than 60 centimeters away from body
____ Tosses object and hits target 60 centimeters away 25% of the time

D. *STRIKING*

____ Attempts to touch ball that is placed next to hand
____ Touches ball that is placed next to hand
____ Pushes ball off batting tee with hand
____ Hits ball off tee with striking instrument

E. *KICKING*

____ Attempts to touch ball with foot
____ Touches ball with foot
____ Pushes ball forward with foot
____ Kicks ball forward less than one meter
____ Kicks ball forward three meters or more

F. *CATCHING*

____ Appears to visually track a slow moving object (scarf, balloon) tossed directly in front of student
____ Will reach out to attempt to touch objects floating in front of student
____ Will reach out and touch object floating in front of student
____ Will visually track and attempt to secure lightweight ball bounced or tossed to the student from inside of 3 feet
____ Will get hands up in a position to protect head from a ball tossed towards student

II. POSTURAL CONTROL

A. HEAD CONTROL (best position _____)

____ Has random head movements
____ Lifts head slightly
____ Aligns head with body for less than 5 seconds
____ Aligns head for less than 15 seconds
____ Aligns head for less than 30 seconds
____ Turns head less than 5 degrees towards object or sound
____ Turns head less than 20 degrees towards object or sound
____ Makes random movements with head stick
____ Attempts to touch object with head stick
____ Touches 20x28 centimeter object with head stick
____ Touches 10-15 centimeter object with head stick
____ Uses head stick for communication
____ Touches object with hand
____ Manipulates object or switch for less than 5 seconds
____ Manipulates object or switch for less than 15 seconds
____ Manipulates object or switch for less than 30 seconds
____ Uses feet for recreational play with toys or switches

B. PRONE POSITION (lying on stomach)

____ Shows random movement in prone position
____ Changes head from side to side
____ Lifts head off mat for less than 15 seconds
____ Attempts to use arms to lift body off mat
____ Pushes body less than 5 centimeters off mat
____ Pushes body less than 10 centimeters off mat
____ Props on forearms less than 5 seconds
____ Props on forearms less than 15 seconds
____ Props on hands with arms bent for less than 5 seconds
____ Props on hands with arms bent for less than 15 seconds
____ Props on one hand for less than 5 seconds
____ Props on one hand for less than 15 seconds
____ Reaches for object with one hand while propping on other hand

C. PRONE OVER WEDGE

____ Shows random movement over wedge
____ Moves head from side to side
____ Aligns head with body for less than 5 seconds
____ Aligns head with body for less than 15 seconds
____ Aligns head with body for less than 30 seconds
____ Moves arms randomly over wedge
____ Attempts to reach for object
____ Touches object with hand
____ Manipulates object or switch for less than 5 seconds
____ Manipulates object of switch for less than 15 seconds
____ Uses prone position over wedge for recreational play with toys or switches

D. SUPINE (lying on back)

____ Shows random movement in supine position
____ Moves head from side to side
____ Moves arms randomly in supine position
____ Attempts to reach for object
____ Touches object with hand
____ Manipulates object or switch for less than 5 seconds
____ Manipulates object or switch for less than 15 seconds
____ Uses supine position for recreational play with toys or switches

III. MOBILITY

A. ROLLING

____ Attempts to roll from stomach to back
____ Rolls from stomach to back using extensor pattern
____ Rolls from stomach to back using minimal extensor pattern
____ Rolls from stomach to back using abnormal pattern
____ Rolls from stomach to back and then from back to stomach
____ Rolls over once towards a sound or object
____ Rolls less than 91 centimeters towards a sound or object
____ Uses rolling for mobility

B. CRAWLING ON STOMACH

____ On stomach, moves arms and legs randomly
____ Attempts to push with legs or pull with arms
____ Prone on scooter board, moves forward or backward using arms and/or legs
____ Moves forward or backward less than 91 centimeters on scooter
____ In prone, uses scooter for mobility
____ Prone on the floor, moves body less than 30 centimeters
____ Moves body less than 61 centimeters towards a sound or object
____ Uses crawling on floor for mobility

C. ON BACK

____ On back, moves arms and legs randomly
____ Attempts to push with feet
____ Supine on scooter, moves forward or backward by pushing with feet
____ Moves forward or backward less than 91 centimeters on scooter
____ In supine position, uses scooter for mobility
____ Supine on floor, moves body less than 30 centimeters
____ Moves body less than 61 centimeters towards a sound or object
____ Uses back, lying and pushing with legs for mobility

D. AMBULATION

____ Can stand with support (mechanical or other)
____ Can stand without support
____ Can walk with mechanical support
____ Can take steps without support
____ Can walk independently 25 meters
____ Can run without support
____ Ascends stairs with support
____ Ascends stairs independently two feet per step
____ Ascends stairs independently one foot per step
____ Descends stairs with support
____ Descends stairs independently two feet per step
____ Descends stairs independently one foot per step

E. POWER WHEELCHAIR (Optional)

____ Attempts to make wheelchair move
____ Makes wheelchair move for less than 5 seconds
____ Makes wheelchair move for less than 15 seconds
____ Makes wheelchair move for less than 1.52 meters
____ Makes wheelchair move for less than 3.04 meters
____ Makes wheelchair move forward and backward less than 3.04 meters
____ Maneuvers wheelchair around one obstacle
____ Maneuvers wheelchair around two obstacles
____ Uses wheelchair for mobility in school
____ Uses wheelchair for mobility and recreation

F. MANUAL WHEELCHAIR (Optional)

____ Places hand on wheels of wheelchair
____ Pushes wheelchair with assistance
____ Pushes wheelchair forward one rotation
____ Pushes wheelchair forward less than one meter
____ Pushes wheelchair forward three meters or more

IV. SENSORY AWARENESS

A. VISUAL MOTOR

____ Looks in direction of object for less than 5 seconds
____ Looks in direction of object for less than 15 seconds
____ Follows slowly moving object with eyes 10° to side of head
____ Follows slowly moving object with eyes 20° to side of head
____ Follows slowly moving object by moving head and eyes to 20° to either side of head
____ Tracks object across midline
____ Tracks moving object up to 2 feet, 5 feet, 10 feet away
____ Looks at and attempts to reach for stationary object
____ Looks at, reaches, and touches stationary object
____ Looks at and attempts to reach for moving object
____ Visually locates, looks away, and reaches for object/toy
____ Enjoys watching objects or people for recreation

B. AUDITORY MOTOR

____ Shows some indication of awareness of sound
____ Looks in direction of sound for less than 5 seconds
____ Looks in direction of sound for less than 15 seconds
____ Enjoys listening to music for recreation
____ Attempts to reach for sound or musical toy
____ Reaches and touches musical toy
____ Enjoys manipulating musical toys, musical instruments, or tape players for recreation

C. TACTUAL AWARENESS

____ Pulls away or fusses at contact in less than 5 seconds
____ Pulls away or fusses at contact in less than 15 seconds
____ Allows body part to be stroked
____ Stroking body parts is soothing
____ Enjoys being touched with a variety of textures
____ Explores textures with hands with assistance
____ Explores object or textures with hands independently
____ Uses touching and exploring of objects for recreation

V. *SPORTS & RECREATION*

A. Ramp Bowling

___ Student cannot push ball but will activate bowling switch that releases ball
____Attempts to touch ball placed on lap tray, table or bowling ramp
___ Touches ball placed on lap tray, tabletop, or bowling ramp
___ Places arm or hand on top ball to prevent ball from rolling down ramp
___ Purposely pushes ball with arm or hands and ball travels at least 12 inches across top tray, table top or down bowling ramp

B. BOCCE (toss ball)

Standing_____ sitting_____

____Holds ball independently
____Releases ball independently
____Propels ball forward utilizing any pattern no more than 5 feet
____ Propels ball forward between 5 feet and 15 feet
____ Propels ball forward between 20 feet and 30 feet
____Propels ball forward with intention of aiming for target ball
____Stays engaged while tossing all 4 balls toward target ball

BOCCE (uses ramp)

Standing_____ sitting_____

___ With ball placed inside the ramp, the student will place some body part on the ball keeping it in place inside the ramp
___ With some body part keeping ball in place on the ramp, student will independently lift body part and release ball down the ramp
___ Student will grasp a ball, place it inside the ramp and release it upon request
___ Student can communicate to the helper the direction of the ramp
___ Stays engaged while tossing all 4 balls toward target ball

C. BASKETBALL (hoop shot-3 hoops connected and hung over a 10 foot basket)

___ Standing or sitting in front of the hoops, and holding a basketball with both hands, student with reach arms through bottom hoop and drop ball
___ Standing or sitting in front of the hoops and holding a basketball with both hands, student will toss ball through lower hoop from inside one meter
___ Standing one meter from the hoops and holding a basketball with both hands, student will propel ball through_____ lower or middle or upper hoop (circle each appropriate one)

D. DRIBBLING (Standing)

___Given a basketball, the student with physical prompting or hand over hand assistance, will drop ball to the floor
___Given a basketball the student with verbal prompting will drop ball to the floor and each subsequent time the ball is handed to the student, he/she will drop or bounce the ball for 30 seconds. Number of times ball bounces in 30 seconds?_____
___Given a basketball, student will bounce the ball within arm's reach and attempt to bounce the ball consecutive times
___ Given a basketball, the student will bounce or dribble the ball _____ consecutive times before losing control. Number of bounces in 30 seconds?____

E. ***DRIBBLING (Sitting)***

___With a basketball placed in the lap or on a lap tray, the student, with physical prompting or physical assistance, will push ball off the lap or lap tray

___With a basketball placed in the hands, in the lap, or on the lap tray, the student, with verbal prompting only, will push ball to the floor

___Each time the basketball is given to the student, placed on the lap or on the lap tray, student will bounce ball or push ball off lap or lap tray continuously for 30 seconds with only verbal prompting

F. ***SHOOTING (Ramp)***

Standing_____ sitting_____

___Student with physical prompting or physical assistance, student will place at least one hand on the ball while ball is sitting on the ramp

___Student with verbal prompting, will place at least one hand on the ball while ball is sitting on the top of the ramp

___Student will reach out with one or both hands and push ball off its stationary position but stays on the ramp

___Student will reach out with one or both hands and push the ball with enough force for the ball to travel off the end of the ramp or at least 4 feet across a table top

G. CATCHING (from ramp)

Sitting_____ standing_____

___With ball rolling down the ramp, student will reach out to stop ball only with physical assistance

____With ball rolled down the ramp, student will independently reach hand or hands forward to stop the ball before it rolls off the ramp

___ With ball rolled down the ramp, the student will independently reach hand or hands forward to secure the ball on the ramp or as it rolls off the ramp but prior to the ball hitting the floor