

Basic ADLs and Instrumental ADLs:
What does the patient need to go home from inpatient rehab?

Prognosis demos for each of the 8 injury level groups For each injury level group, we have chosen a few activities that require unique adaptations that depended on the specific motor function available for those levels of injury

FUNCTIONAL MOBILITY SKILLS (FMS)/ANALYSIS: What does the patient need to go home from inpatient rehab?

PT Analysis videos 75 videos

BADL (basic activities of daily living)	C1 - C3	Bed Mobility	C1-C4 (6 VIDEOS)
Respiratory management	1. Breathing	1. Rolling	BADL: Respiratory management (1), Pressure relief/positioning (1)
Bowel management	2. Instructing care	2. Prone on elbows	FMS: Wheelchair fitting and movement mechanics (1)
Bladder management		3. Supine on elbows	Wheelchair skills (Powered wheelchair)(1)
Pressure relief/positioning		4. Supine to sitting	
Eating	C4		
Dressing	1. Communication (assistive devices)	Sitting	C5 (9 VIDEOS)
Grooming	2. Powered wheelchair skills.	5. Long Sitting	BADL: Respiratory management (1), Pressure relief/positioning (1)
Bathing	3. Pressure relief in all environments	6. Short Sitting	FMS: Bed mobility (4 videos)
	C5		Transfers : even transfers with slide board(1 video) *exceptional skill
IADL (Instrumental activities of daily living) These activities are related to community participation	1. Eating	Transfers	Wheelchair fitting and movement mechanics (1)
Communication	2. Driving	7. Even Transfers with sideboard	Wheelchair skills (manual and power wheelchair)(1)
Transportation		8. Even transfer popover	
Homemaking		9. Uneven Transfers floor to bed	
Working/School	C6	10. Uneven Transfers floor to chair	
Childcare	1. Bowel management		C6 (15 VIDEOS)
Finances	2. Bladder management (tenodesis grip)	Standing	BADL: Respiratory management (1), Pressure relief/positioning (1)
Leisure	3. Transfers (pop over and slide board)	11. Standing	FMS: Bed mobility (4)
	4. bed mobility	Wheelchair Skills	Sitting (2)
	5. Grooming / make up (women)	12. Wheelchair fitting and movement mechanics: pressure relief, picking up objects, pushing/braking	Transfers : even transfers with and without slide board (2)
	6. Pressure relief in all environments	13. General precautions and analysis	Wheelchair fitting and movement mechanics (1)
		14. Falling down and getting up	Wheelchair Skills general precautions and analysis (1)
	C7-C8	15. wheelies/ over thresholds	wheelies/ over thresholds (1)
	1. Dressing	16. up/down curbs	up/down curbs (1)
	2. Manual wheelchair skills (falling, curbs, wheelies)	17. up/down ramps	up/down ramps (1)
	3. Transport: Driving a car. Loading and unloading wheelchair	18. up/down stairs	
	T1 - T9		C7-C8 (19 VIDEOS)
	1. Floor to chair	Walking	BADL: Respiratory management (1), Pressure relief/positioning (1)
	2. Transport (high vehicles and wheelchair loading)	19. Walking	FMS: Bed mobility (4)
	3. Bathing	20. Stair management.	Sitting (2)
	4. Manual wheelchair skills (advanced, for example stairs)		Transfers (4)
	T10 - L1		Standing (1) standing frame
	1. Standing with KAFO		Wheelchair fitting and movement mechanics (1)
	2. Homemaking(cleaning or cooking)		Wheelchair skills (5) (all except climbing stairs)
	L2 -S5		
	1. Walking		T1-T9 (18 VIDEOS)
	2. Homemaking (cleaning or cooking)		BADL: Pressure relief/positioning (1)
			FMS: Bed mobility (4)
			Sitting (2)
			Transfers (4)
			Standing (1) HKAFOs and walker or standing frame
			Wheelchair fitting and movement mechanics (1)
			Wheelchair skills (6)
			T10 - L1 and below (5 VIDEOS)
			Transfers (3) except slide board.
			Standing (1)
			Standing: with HKAFOs and walker or loftstrand crutches (1)
			Walking: home (1)
			L2 - S5 (3 VIDEOS)
			Standing: with KAFOs and walker or crutches (1)
			Walking (1)
			Stair management (1)