## Functional Reach Test

Name of patient:
Kenneth W. Dukes
Date of test:
April 1, 2022

Name of the tester: Farris Redditch

## Make sure to have the following before administering this test:

- A wall space (at least three feet of wall space should suffice)
- A yardstick to measure reach distance
- Tape or velcro to secure the yardstick on the wall as well as mark the standing point of your patient
- Someone to stand near the patient in case they show signs of falling while doing the test


## Instructions:

- Have your geriatric patient stand behind the standing baseline. They should be standing alongside the wall, with their arm close to the wall at 90 shoulder flexion, and having them close their fist
- You'll first measure the starting position of your client, specifically the starting position of the third metacarpal head on the yardstick
- Once you measure that, instruct your patient to reach as far as they can without moving their feet
- Record their reach, a.k.a the third metacarpal head on the yardstick. When recording the reach, keep in mind that you're recording in inches
- IMPORTANT: Another thing to keep in mind is that you'll be calculating the reach, and it'll be based on the difference between the starting position and the end position
- Have your patient rest. At least 15 seconds should be good, but of course, take into consideration how they're feeling and extend the break if necessary
- Repeat the test two more times.

| Average reach for men and women per age range: |  |  |
| :---: | :---: | :---: |
| Age Range | Men | Women |
| 20-40 years old | 16.73 inches | 14.64 inches |
| 41-69 years old | 14.98 inches | 13.81 inches |
| 70-87 years old | 13.16 inches | 10.47 inches |
| Average score interpretations: |  |  |
| Score Range Ris |  | Risk Assessment |
| 6 inches or below Hider |  | High risk of falling |
| 7-10 inches M |  | Moderate risk of falling |
| Greater than 10 inches L |  | Low risk of falling |

## Functional Reach Test

Your patient's scores (in inches):

| Trials | Start Position | End Position <br> Trial 1 (Practice) <br> Start Position) |  |
| :---: | :--- | :--- | :--- |
| Trial 2 | 7 inches | 14.8 inches | 7.8 inches |
| Trial 3 | 7 inches | 15 inches | 8 inches |

Average Score in inches (based on Trial 2 and 3's differences): 7.95 inches

## Additional Notes

Mr. Dukes has a moderate risk of falling. To be frank, I expected it to be much worse because he wasn't so spritely the last time I interacted with him, and he seemed to be assisted with almost everything he did.

His attendant did say that they've been exercising a lot. I guess this old timer really wants to be able to move more, and it seems that his body is still strong enough that he actually improved. Still, moderate risk is still something to be minded. I asked his attendant to still assist him with things, but only when it's obvious that he needs help, or if he asks for it. He seems to want to try doing ADLs like he used to, but at least he knows that with age, he might not be able to ever again.

