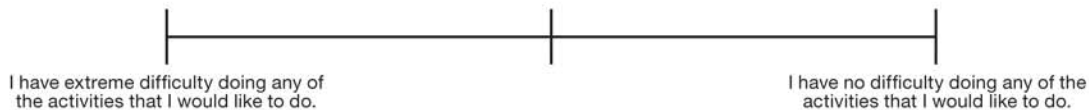


OPTIMAL INSTRUMENT

Difficulty - Baseline

| Instructions: Please circle 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 | 1 | 2 | 3 | 4 | 5 | 9 |
| 2. Rolling over | 1 | 2 | 3 | 4 | 5 | 9 |
| 3. Moving—lying to sitting | 1 | 2 | 3 | 4 | 5 | 9 |
| 4. Sitting | 1 | 2 | 3 | 4 | 5 | 9 |
| 5. Squatting | 1 | 2 | 3 | 4 | 5 | 9 |
| 6. Bending/stooping | 1 | 2 | 3 | 4 | 5 | 9 |
| 7. Balancing | 1 | 2 | 3 | 4 | 5 | 9 |
| 8. Kneeling | 1 | 2 | 3 | 4 | 5 | 9 |
| 9. Walking—short distance | 1 | 2 | 3 | 4 | 5 | 9 |
| 10. Walking—long distance | 1 | 2 | 3 | 4 | 5 | 9 |
| 11. Walking—outdoors | 1 | 2 | 3 | 4 | 5 | 9 |
| 12. Climbing stairs | 1 | 2 | 3 | 4 | 5 | 9 |
| 13. Hopping | 1 | 2 | 3 | 4 | 5 | 9 |
| 14. Jumping | 1 | 2 | 3 | 4 | 5 | 9 |
| 15. Running | 1 | 2 | 3 | 4 | 5 | 9 |
| 16. Pushing | 1 | 2 | 3 | 4 | 5 | 9 |
| 17. Pulling | 1 | 2 | 3 | 4 | 5 | 9 |
| 18. Reaching | 1 | 2 | 3 | 4 | 5 | 9 |
| 19. Grasping | 1 | 2 | 3 | 4 | 5 | 9 |
| 20. Lifting | 1 | 2 | 3 | 4 | 5 | 9 |
| 21. Carrying | 1 | 2 | 3 | 4 | 5 | 9 |

22. Thinking about all of the activities you would like to do, please mark an “X” at the point on the line that best describes your overall level of difficulty with these activities today.



23. From the above list, choose the 3 activities you would most like to be able to do without any difficulty (for example, if you would most like to be able to climb stairs, kneel, and hop without any difficulty, you would choose: 1. 12 2. 8 3. 13)

1. _____ 2. _____ 3. _____

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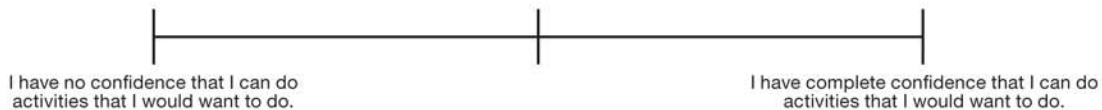
Adapted/revised in July 2005 and August 2006 with permission of APTA from Guccione AA, Mielenz TJ, De Vellis RF, et al. Development and testing of a self-report instrument to measure actions: Outpatient Physical Therapy Improvement in Movement Assessment Log (OPTIMAL). Phys Ther. 2005;85:515-530.

OPTIMAL INSTRUMENT

Confidence - Baseline

| Instructions: Please circle the level of confidence you have for doing each activity today. | Fully confident in my ability to perform | Very confident | Moderate confidence | Some confidence | Not confident in my ability to perform | Not applicable |
|--|---|-----------------------|----------------------------|------------------------|---|-----------------------|
| 1. Lying flat | 1 | 2 | 3 | 4 | 5 | 9 |
| 2. Rolling over | 1 | 2 | 3 | 4 | 5 | 9 |
| 3. Moving-lying to sitting | 1 | 2 | 3 | 4 | 5 | 9 |
| 4. Sitting | 1 | 2 | 3 | 4 | 5 | 9 |
| 5. Squatting | 1 | 2 | 3 | 4 | 5 | 9 |
| 6. Bending/stooping | 1 | 2 | 3 | 4 | 5 | 9 |
| 7. Balancing | 1 | 2 | 3 | 4 | 5 | 9 |
| 8. Kneeling | 1 | 2 | 3 | 4 | 5 | 9 |
| 9. Walking-short distance | 1 | 2 | 3 | 4 | 5 | 9 |
| 10. Walking-long distance | 1 | 2 | 3 | 4 | 5 | 9 |
| 11. Walking-outdoors | 1 | 2 | 3 | 4 | 5 | 9 |
| 12. Climbing stairs | 1 | 2 | 3 | 4 | 5 | 9 |
| 13. Hopping | 1 | 2 | 3 | 4 | 5 | 9 |
| 14. Jumping | 1 | 2 | 3 | 4 | 5 | 9 |
| 15. Running | 1 | 2 | 3 | 4 | 5 | 9 |
| 16. Pushing | 1 | 2 | 3 | 4 | 5 | 9 |
| 17. Pulling | 1 | 2 | 3 | 4 | 5 | 9 |
| 18. Reaching | 1 | 2 | 3 | 4 | 5 | 9 |
| 19. Grasping | 1 | 2 | 3 | 4 | 5 | 9 |
| 20. Lifting | 1 | 2 | 3 | 4 | 5 | 9 |
| 21. Carrying | 1 | 2 | 3 | 4 | 5 | 9 |

22. Thinking about all the activities you like to do, please mark an "X" at the point on the line that best describes your overall level of confidence in performing these activities today:



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