



## Measuring Progress – Osteofit Assessments

Name: \_\_\_\_\_

### Evaluation I

Date \_\_\_\_\_

#### 1. Balance

(a) \_\_\_\_\_ seconds (standing on right leg)

(b) \_\_\_\_\_ seconds (standing on left leg)

Rate of perceived exertion (RPE) \_\_\_\_\_

#### 2. Timed Up and Go Test

(TUG, see instructions below)

\_\_\_\_\_ seconds

Rate of perceived exertion (RPE) \_\_\_\_\_

#### 3. Walk

\_\_\_\_\_ lapses

Rate of perceived exertion (RPE) \_\_\_\_\_

#### 4. Squats \_\_\_\_\_

Rate of perceived exertion (RPE) \_\_\_\_\_

### Evaluation II

Date \_\_\_\_\_

#### 1. Balance

(a) \_\_\_\_\_ seconds (right leg)

(b) \_\_\_\_\_ seconds (left leg)

(RPE) \_\_\_\_\_

#### 2. Timed Up and Go Test

\_\_\_\_\_ seconds

(RPE) \_\_\_\_\_

#### 3. Walk

\_\_\_\_\_ lapses

(RPE) \_\_\_\_\_

#### 4. Squats \_\_\_\_\_

(RPE) \_\_\_\_\_

Timed Up and Go: The instructor has set up a course that runs 3 metres from the front legs of a straight-backed chair that has a seat height of about 46 cm. When it is your turn, you will be instructed to:

'Please sit with your back against the chair and your arms on the arm rests. On the word 'go', please stand upright, then walk at your normal pace to the line on the floor, turn around, return to the chair, and sit down.'

The instructor will time you with a stopwatch from the word 'go' until you return to the starting position.