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: _____________________

<table>
<thead>
<tr>
<th>Physical Disabilities:</th>
<th>Intellectual Disability:</th>
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</thead>
<tbody>
<tr>
<td>___ Cerebral Palsy</td>
<td>___ Mild</td>
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<tr>
<td>___ Spina Bifida</td>
<td>___ Moderate</td>
</tr>
<tr>
<td>___ Muscular Dystrophy</td>
<td>___ Severe</td>
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<tr>
<td>___ Other (please list)</td>
<td>___ Profound</td>
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<tr>
<th>Cerebral Palsy Type:</th>
<th>Postural Disabilities:</th>
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<tbody>
<tr>
<td>___ Spastic</td>
<td>___ Scoliosis</td>
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<tr>
<td>___ Athetoid</td>
<td>___ Hip Dislocations</td>
</tr>
<tr>
<td>___ Ataxic</td>
<td>___ Contractures</td>
</tr>
<tr>
<td>___ Mixed</td>
<td>___ Brittle Bones</td>
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<tr>
<td>___ Rigid</td>
<td>___ Other (please list)</td>
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<tr>
<th>Topography of Disability:</th>
<th>Other Disabilities:</th>
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<tbody>
<tr>
<td>___ Paraplegia</td>
<td>___ Visually Impaired</td>
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<tr>
<td>___ Hemiplegia</td>
<td>___ Hearing Impaired</td>
</tr>
<tr>
<td>___ Diplegia</td>
<td>___ Seizure Disorder</td>
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<tr>
<td>___ Quadriplegia</td>
<td>___ Other (Please list)</td>
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<tr>
<th>Severity of Disability:</th>
<th>Communication Skills:</th>
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<tbody>
<tr>
<td>___ Mild</td>
<td>___ Verbal</td>
</tr>
<tr>
<td>___ Moderate</td>
<td>___ Communication Board</td>
</tr>
<tr>
<td>___ Severe</td>
<td>___ Sign Language</td>
</tr>
<tr>
<td>___ Rigid</td>
<td>___ Other (Please list)</td>
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</table>
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 or 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
___ 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