

## Physical Performance Test\*

Measure of Function	Performance	Score
1. Write a sentence ("Whales live in the blue ocean.")	Number of seconds	<10 s = 4 10.5–15 s = 3 15.5–20 s = 2 >20 s = 1 Unable = 0 Unable due to safety = 0
2. Simulate eating	Number of seconds	<10 s = 4 10.5–15 s = 3 15.5–20 s = 2 >20 s = 1 Unable = 0 Unable due to safety = 0
3. Lift a book and put in interviewer's hands	Number of seconds	≤2 s = 4 2.5–4 s = 3 4.5–6 s = 2 >6 s = 1 Unable = 0 Unable due to safety = 0
4. Put on and remove a jacket	Number of seconds	<10 s = 4 10.5–15 s = 3 15.5–20 s = 2 >20 s = 1 Unable = 0 Unable due to safety = 0
5. Pick up penny from floor	Number of seconds	≤2 s = 4 2.5–4 s = 3 4.5–6 s = 2 >6 s = 1 Unable = 0 Unable due to safety = 0
6. Turn 360 degrees	Continuous steps Discontinuous steps Steady Unsteady (grabs, staggers)	2 0 2 0
7. Walk 50 feet	Number of seconds	≤ 15 s = 4 15.5–20 s = 3 20.5–25 s = 2 >25 s = 1 Unable = 0 Unable due to safety = 0

\*Adapted from reference 31.