

## LovelaceUNM Outpatient Rehabilitation

### Physical Therapy Assessment

Please review list below. If you are experiencing difficulties in any of these areas you may benefit from an evaluation with a Physical Therapist (PT). Please show this checklist to your primary care provider, and ask if he or she might consider a referral for an evaluation by a physical therapist for you. Ask him or her to include clinical notes with the referral.

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#### Mobility and Gait Pattern

- Difficulty walking/moving from one place to another
- Frequent falls
- Need for assistive equipment (e.g. cane or walker)

#### Balance and Coordination

- Changes in balance on everyday tasks (e.g. more difficulty with putting on socks)
- Frequent falls
- Avoidance of unknown or rough terrain
- FEAR of Falling

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#### Strength and Endurance

- Generalized weakness
- Avoidance of more challenging physical activity (taking the elevator instead of the stairs)
- Not participating on family outings due to endurance required
- Fatigue

#### Neurodevelopmental Treatment

- Increased or decreased resting muscle tone (tightness/spasticity)
- Difficulty with postural control or motor planning

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#### Family, Community, and Environmental Planning

- Need of caregiver, family training, and respite care
- Difficult time navigating home environment (stairs vs. ramp)
- Return to work or school

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