

Update for PSIs

Changes to the Functional Grid PSI decision tool February 2025

The Functional Grid (along with FRAT score) has formed the basis of SUITABILITY to join FaME sessions since our first ever PSI training course, with people scoring mainly 1-3s suitable for FaME, those with 4s and 5s more likely to require more seated based options and those scoring 6s not appropriate and requiring referral back to the Rehab Team.

Summary of changes

1. The Functional Grid now has 7 functional assessments (previously 6)
2. Functional Reach **removed**
3. 4-point balance test **added**
4. 30s sit to stand **added**
5. Getting down/up from floor (using backwards chaining method) links **added** - which will not form part of suitability but will aid the PSI in individualising their approach to floor rise skills and home exercise for that individual.

Rationale for the changes

- **Functional Reach has been removed** - as in the early days of FaME it was one of the more commonly used assessments for balance and some early research suggested it was related to falls risk as people unwilling or unable to reach forward would likely have poor ability to move out of their base of support. However, it is now rarely used as it is so easy to 'cheat' and takes a while to set up and measure, plus we have ConfBal as a marker of balance confidence and other balance tests in the grid.
- **4-point balance has been added** - this gives an indication of ability to balance with reduced base of support and links in with the Otago Exercise Programme assessment so supports the level of balance exercises you might give someone for their home exercise prescription.
- **30 sec Sit to Stand added** - as this is now a common assessment measure used by services and gives a good indication of lower limb strength and also on number of reps that a person may well be able to achieve later in the class or in their home exercise.
- In addition, there is now a row at the bottom of the grid that **does not determine suitability but does inform exercise tailoring**. Getting onto/up from the floor is assessed but as someone who cannot get up from the floor is a prime candidate to come along to FaME sessions and relearn that skill it is NOT part of the suitability criteria. Instead, it can be used to inform whether that person can do links in the backward chaining approach such that they could do this in a class or indeed practice at home.

FUNCTION	NO LIMITATION	MINOR LIMITATION	SOME LIMITATION	MAJOR LIMITATION	SEVERE LIMITATION	UNABLE
	1	2	3	4	5	6
Seated hamstring flexibility Denote L & R leg	Able to reach past the toes of the extended leg 1	Able to reach the toes of the extended leg 2	Able to reach within 5 cm of toes of the extended leg 3	Able to reach the mid-calf to the extended leg 4	Able to reach knee of extended leg 5	Unable to reach forward without pain or fear of falling 6
Seated shoulder external rotation flexibility Denote L & R arm	Able to reach over their shoulder to between their shoulder blades 1	Able to reach to the back of the neck 2	Able to reach behind the head to level of ears 3	Able to reach the top of their head 4	Able to reach above shoulder level but not touch the top of head 5	Unable to reach above shoulder level (with/without pain) 6
Seated shoulder internal rotation flexibility Denote L & R arm	Able to reach to behind the back to touch their shoulder blades 1	Able to reach to behind the back to touch just below shoulder blades 2	Able to reach behind the back to mid-back level 3	Able to reach behind to waist level 4	Able to reach behind to buttock level 5	Unable to reach behind their back, pain or movement limitation 6
Timed Up & Go Use of walking aid? Y/N Time (seconds):	Able to rise from the chair easily, walk unaided, turn without dizziness or stumbling. Faster than 8 seconds 1	Able to rise from the chair without arms, walk unaided, turn without stumbling. Between 9-15 seconds 2	Difficulty in rising from chair, walks aided or unaided but takes between 16-24 seconds 3	Difficulty in rising from chair, walks aided or unaided but takes between 25-40 seconds 4	Difficulty in rising from chair, needs walking aid, unconfident or dizzy on turning – or takes over 40 seconds 5	Unable to rise from the chair, walk or turn without help 6
180 Degree turn Use of walking aid? Y/N Number of steps:	Able to turn safely in 4 steps or less 1	Able to turn safely in 5-6 steps 2	Able to turn safely in 7-8 steps 3	Needs close supervision and verbal cueing for safety. Takes 9-12 steps 4	Needs assistance from one person or furniture to turn 5	Unable to turn without help from more than one person 6
4 point balance L & R (for 1 leg stand only) Time: L ___/R ___	Able to stand on <u>one leg</u> (either leg) (unsupported) 1	Able to <u>tandem stand</u> (unsupported) Time: 2	Able to <u>semi tandem</u> stand (unsupported) Time: 3	Able to stand with <u>feet together</u> (unsupported) Time: 4	Able to <u>stand unsupported</u> (normal stance) Time: 5	Unable to stand (normal stance) without external support (person or aid) Time: 6
30 sec Sit to Stand (STS) Use of chair arms? Y/N Number achieved:	Able to STS more than 15 times (without using arms) 1	Able to STS between 10-14 times (without using arms) 2	Able to STS between 1-9 times (without using arms), or more if using arms 3	Able to STS between 6-9 times using arms of chair 4	Able to STS between 1-5 times using arms of chair 5	Unable to stand without help (person or aid) 6
Getting onto/up from floor (using BC method)	Able to get down and up from the floor (lying)	Able to get down and up from the floor (and side sit)	Able to get to kneeling (both knees) in front of chair and back up	Can get one knee to the floor but unable/unwilling to progress further	Able to get back up from the floor after a fall with support from another person and furniture	Unable to get down and up from the floor without a hoist/lift assist cushion