

- 1 Abducting the thumb to a target
- 2 Active assisted knee flexion and extension
- 3 Active cycle for upper limbs
- 4 Ankle dorsiflexion using ribbon on toes
- 5 Ankle dorsiflexion while sitting
- 6 Ankle dorsiflexor electrical stimulation
- 7 Ankle dorsiflexor strengthening in long sitting
- 8 Ankle dorsiflexor strengthening in sitting using sandbag weights
- 9 Ankle dorsiflexor strengthening in sitting without weights
- 10 Ankle dorsiflexor strengthening in standing by kicking a ball backwards
- 11 Ankle dorsiflexor strengthening in supine using theraband
- 12 Ankle dorsiflexor/plantarflexor strengthening in sidelying without weights
- 13 Ankle dorsiflexor/plantarflexor strengthening in sitting by drawing circles with the foot
- 14 Ankle dorsiflexor/plantarflexor strengthening in supine without weights
- 15 Ankle evertor strengthening in sitting with assistance
- 16 Ankle evertor strengthening in sitting without weights
- 17 Ankle evertor strengthening in supine using theraband
- 18 Ankle invertor strengthening in sitting with assistance
- 19 Ankle invertor strengthening in supine using theraband
- 20 Ankle invertor/evertor strengthening in sitting without weights
- 21 Ankle plantarflexor strengthening in sitting using sandbag weights
- 22 Ankle plantarflexor strengthening in sitting using theraband
- 23 Ankle plantarflexor strengthening in sitting without weights
- 24 Ankle plantarflexor strengthening in standing using a wedge
- 25 Ankle plantarflexor strengthening in supine using theraband
- 26 Ankle plantarflexor strengthening off a wedge
- 27 Ankle plantarflexor stretch by walking up a steep slope
- 28 Ankle plantarflexor stretch in standing
- 29 Ankle plantarflexor stretch using a foam block
- 30 Ankle plantarflexor stretch using a sustained torque device
- 31 Anterior deltoid electrical stimulation
- 32 Ascending a kerb using a pole
- 33 Ascending a step using a doorway
- 34 Ascending kerb forwards in a wheelchair
- 35 Assisted ankle plantarflexor stretch
- 36 Assisted bilateral ankle stretch on a wedge
- 37 Assisted bilateral hamstring stretch in supine
- 38 Assisted commando crawl
- 39 Assisted cough in sitting using a mechanical in-exsufflator
- 40 Assisted cough in supine with one person assist - double forearm hold
- 41 Assisted cough in supine with one person assist - hand and forearm hold
- 42 Assisted cough in supine with two person assist - double handed hold
- 43 Assisted cough in supine with two person assist - hand and forearm hold
- 44 Assisted crawling
- 45 Assisted gastrocnemius stretch in supine
- 46 Assisted hip adductor stretch sitting on an adult's lap
- 47 Assisted hip adductor stretch sitting on the floor
- 48 Assisted moving between crawling and sitting
- 49 Assisted moving between sitting and crawling
- 50 Assisted prone
- 51 Assisted sit to stand from a block
- 52 Assisted soleus stretch in supine
- 53 Assisted standing at a table
- 54 Assisted standing between carer's legs
- 55 Assisted unilateral ankle stretch on wedge
- 56 Assisted unilateral hamstring stretch in supine
- 57 Assisted unilateral hamstring stretch in supine
- 58 Assisted walking pushing a pram
- 59 Attaining a wheelstand

B

- 1 Balancing on a ball
- 2 Balancing on a ball while lifting one leg up and down
- 3 Balancing while sitting on a moving object
- 4 Bear walking
- 5 Bear-walking up a slope with assistance
- 6 Bench press
- 7 Bending and straightening the wrist to targets
- 8 Bending the knee in sitting
- 9 Bending the knee in sitting
- 10 Bending the knee in sitting using a roller-skate
- 11 Bending the knee in standing
- 12 Bending the wrist to a target
- 13 Bending the wrist while holding a cup
- 14 Biceps electrical stimulation
- 15 Bilateral ankle plantarflexor stretch using a wedge while standing against a wall
- 16 Bilateral ankle plantarflexor stretch using a wedge while standing at a table
- 17 Bilateral calf raises
- 18 Bilateral calf raises on a block
- 19 Bilateral shoulder adductor stretch in supine (crucifix)
- 20 Bilateral shoulder internal rotator stretch in supine
- 21 Bilateral shoulder stretch in supine
- 22 Bilateral squat in standing
- 23 Bilateral squat on tilt table
- 24 Bilateral squat to a target in standing
- 25 Bimanual table top task using a toy
- 26 Bouncing a ball with one hand
- 27 Boxing in a wheelchair
- 28 Boxing in sitting
- 29 Braiding
- 30 Bridging
- 31 Bridging gaps between furniture
- 32 Bridging on a large ball
- 33 Bridging while rolling a ball under the body
- 34 Bringing the wheelchair to an upright position

C

- 1 Carry astride the hip
- 2 Carry astride the hip facing out
- 3 Cat stretch
- 4 Changing wheels in wheelchair
- 5 Climbing into and out of a box
- 6 Climbing off a lounge
- 7 Climbing on playground equipment
- 8 Climbing onto a lounge
- 9 Climbing sideways on playground equipment
- 10 Commando crawl through a tunnel
- 11 Commando crawling
- 12 Connecting a plug and socket
- 13 Controlling finger flexor force by lowering peg from horizontal to vertical

- 14 Controlling grip force by lifting a sealed bottle and straw
- 15 Crab-walking
- 16 Crawling
- 17 Crawling backwards down a single step
- 18 Crawling down stairs backwards
- 19 Crawling onto a cushion
- 20 Crawling through a tunnel
- 21 Crawling through playground equipment
- 22 Crawling up a slope
- 23 Crawling up a step
- 24 Crawling up stairs
- 25 Cross-legged sitting
- 26 Cruising along furniture
- 27 Cruising around a corner
- 28 Cupping the hand on a table
- 29 Cupping the hand while picking up a plate
- 30 Cutting with a knife

D

- 1 Depressing a fork using the fingertips
- 2 Depressing a fork whilst holding onto tweezers and a coin
- 3 Descending grassy slope in a wheelchair
- 4 Descending kerb forwards in a wheelchair
- 5 Descending slope forwards in a wheelchair
- 6 Descending stairs backwards in a wheelchair
- 7 Descending stairs forwards in a wheelchair

E

- 1 Elbow extensor strengthening in lying without weights
- 2 Elbow extensor strengthening in prone using free weights
- 3 Elbow extensor strengthening in sitting using free weights
- 4 Elbow extensor strengthening in sitting using pulleys
- 5 Elbow extensor strengthening in sitting using theraband
- 6 Elbow extensor strengthening in sitting using Uppertone
- 7 Elbow extensor strengthening in supine using free weights
- 8 Elbow extensor strengthening in supine using theraband

- 9 Elbow extensor strengthening in supine using theraband
- 10 Elbow flexor strengthening in sitting using free weights
- 11 Elbow flexor strengthening in sitting using pulleys
- 12 Elbow flexor strengthening in sitting using theraband
- 13 Elbow flexor strengthening in supine using free weights
- 14 Elbow flexor strengthening in supine using theraband
- 15 Elbow flexor stretch in supine
- 16 Elbow flexor/extensor strengthening in sidelying using slings
- 17 Elbow flexor/extensor strengthening in sitting using slings
- 18 Elbow flexor/extensor strengthening in supine using springs
- 19 Extending the arm to a target in lying

F

- 1 Finger and thumb extensor strengthening using an elastic band
- 2 Finger and thumb flexor strengthening using foam
- 3 Finger and thumb flexor strengthening using grip device
- 4 Finger and wrist flexor stretch
- 5 Finger and wrist flexor stretch in sitting by weight-bearing through hands
- 6 Finger extensor electrical stimulation
- 7 Finger extensor strengthening in sitting without weights
- 8 Finger flexor and intrinsic muscle strengthening
- 9 Finger flexor electrical stimulation
- 10 Flexing the hips in sitting and sliding arms forward on a table to a target
- 11 Forearm pronation and supination in sitting
- 12 Forearm pronator stretch in sitting
- 13 Forearm supination
- 14 Forearm supination and pronation to a wall target
- 15 Forearm supinator stretch in sitting

G

- 1 Gastrocnemius electrical stimulation
- 2 Getting onto and sliding down a slide
- 3 Getting up from the floor
- 4 Gluteal electrical stimulation
- 5 Going down stairs in sitting

H

- 1 Half-kneel to stand at furniture
- 2 Half-kneel to stand with assistance
- 3 Hamstring and ankle plantarflexor stretch in sitting
- 4 Hamstring and ankle plantarflexor stretch in sitting using belt
- 5 Hamstring and hip adductor stretch in long sitting
- 6 Hamstring and hip adductor stretch in long sitting using wrap-around splints
- 7 Hamstring stretch in long sitting
- 8 Hamstring stretch in lying with legs up a wall
- 9 Hamstring stretch in sitting
- 10 Hamstring stretch in sitting with weight on knee
- 11 Hamstring stretch in standing using a wall and stool
- 12 Hamstring stretch in supine using slings
- 13 Hamstring stretch in supine using standardised torque
- 14 Hand stretch
- 15 Hand stretch of the MCP joints
- 16 Hand stretch using wheelchair
- 17 Hand webspace stretch
- 18 Head control in sitting on an adult's lap
- 19 Head turning in prone
- 20 Head turning in supine
- 21 Heel/toe walking on a line

- 22 Hip abductor strengthening in sidelying against a wall
- 23 Hip abductor strengthening in sidelying using pulleys
- 24 Hip abductor strengthening in sidelying using sandbag weights
- 25 Hip abductor strengthening in sidelying using theraband
- 26 Hip abductor strengthening in sidelying without weights
- 27 Hip abductor strengthening in standing against a wall
- 28 Hip abductor strengthening in standing using pulleys
- 29 Hip abductor strengthening in standing using sandbag weights
- 30 Hip abductor strengthening in standing using theraband
- 31 Hip abductor strengthening in standing without weights
- 32 Hip abductor strengthening using slings
- 33 Hip abductor/adductor strengthening in supine without weights
- 34 Hip abductor/adductor strengthening using a skateboard in supine
- 35 Hip adductor and rotator stretch in supine with assistance
- 36 Hip adductor strengthening in sidelying using pulleys
- 37 Hip adductor strengthening in sidelying using theraband
- 38 Hip adductor strengthening in standing using pulleys
- 39 Hip adductor strengthening in standing using theraband
- 40 Hip adductor stretch in sitting
- 41 Hip adductor stretch in supine using wedge
- 42 Hip adductor stretch in supine using weights
- 43 Hip adductor stretch in supine with assistance
- 44 Hip adductor stretch in unsupported sitting
- 45 Hip adductor stretch with wedge in long sitting
- 46 Hip and back extensor strengthening using a scooterboard
- 47 Hip and knee extensor stretch in sitting
- 48 Hip and knee extensor stretch in supine using a strap
- 49 Hip and knee stretch in two point kneeling
- 50 Hip extension in standing against a wall
- 51 Hip extensor and flexor strengthening in sidelying using a skateboard
- 52 Hip extensor and flexor strengthening in sidelying using a slideboard
- 53 Hip extensor and flexor strengthening in sidelying using slings
- 54 Hip extensor and flexor strengthening in sidelying using slings and targets

- 55 Hip extensor strengthening in prone using pulleys
- 56 Hip extensor strengthening in prone using theraband
- 57 Hip extensor strengthening in prone using weights
- 58 Hip extensor strengthening in prone without weights
- 59 Hip extensor strengthening in standing
- 60 Hip extensor strengthening in standing using sandbag weights
- 61 Hip extensor stretch in supine
- 62 Hip extensor/flexor strengthening in sidelying using a slideboard
- 63 Hip extensor/flexor strengthening in sidelying without weights
- 64 Hip external rotator and abductor stretch in long sitting
- 65 Hip external rotator and abductor stretch in supine
- 66 Hip external rotator strengthening in sidelying without weights
- 67 Hip external rotator strengthening in sitting using pulleys
- 68 Hip external rotator strengthening in sitting using theraband
- 69 Hip external rotator strengthening in sitting using weights
- 70 Hip external rotator strengthening in sitting without weights
- 71 Hip external rotator stretch in sitting
- 72 Hip external rotator stretch in sitting
- 73 Hip flexor strengthening - lifting the foot while keeping the knee bent
- 74 Hip flexor strengthening in sidelying using a slideboard and theraband
- 75 Hip flexor strengthening in sitting
- 76 Hip flexor strengthening in sitting using a ball as a cue
- 77 Hip flexor strengthening in sitting using scales
- 78 Hip flexor strengthening in sitting using weights
- 79 Hip flexor strengthening in standing using pulleys
- 80 Hip flexor strengthening in standing using theraband
- 81 Hip flexor strengthening in standing using weights
- 82 Hip flexor strengthening in standing without weights
- 83 Hip flexor strengthening in supine
- 84 Hip flexor strengthening in supine
- 85 Hip flexor strengthening in supine using pulleys
- 86 Hip flexor strengthening in supine using theraband
- 87 Hip flexor strengthening in supine using weights
- 88 Hip flexor stretch in half-kneeling
- 89 Hip flexor stretch in prone
- 90 Hip flexor stretch in prone through lifting up onto elbows
- 91 Hip flexor stretch in supine
- 92 Hip flexor stretch in supine by holding onto knee
- 93 Hip flexor stretch in supine over edge of plinth
- 94 Hip flexor stretch on a wedge
- 95 Hip internal rotator strengthening in lying using slings
- 96 Hip internal rotator strengthening in sitting using pulleys
- 97 Hip internal rotator strengthening in sitting using theraband
- 98 Hip internal rotator strengthening in sitting using weights
- 99 Hip internal rotator strengthening in sitting without weights
- 100 Hip internal rotator strengthening in supine using a stool
- 101 Hip internal rotator stretch in long sitting
- 102 Hip internal rotator stretch in sitting
- 103 Hopping forward

- 104 Hopping forwards over lines
- 105 Hopping in different directions
- 106 Hopping on the spot
- 107 Hopping on the spot
- 108 Hyolaryngeal excursion (Mendelsohn manoeuvre)

I

- 1 Internal hip rotator strengthening in sidelying without weights

J

- 1 Jogging on a mini-trampoline
- 2 Jumping between hoops with feet together
- 3 Jumping forwards over lines
- 4 Jumping from a step with assistance
- 5 Jumping from side to side
- 6 Jumping in different directions
- 7 Jumping off a low object
- 8 Jumping off a mini-trampoline
- 9 Jumping on a mini-trampoline
- 10 Jumping on the spot
- 11 Jumping on the spot

K

- 1 Kicking a ball
- 2 Knee control in standing
- 3 Knee extension in standing
- 4 Knee extensor and flexor strengthening in sidelying using slings and targets
- 5 Knee extensor electrical stimulation
- 6 Knee extensor strengthening at end of range using theraband
- 7 Knee extensor strengthening in long sitting using biofeedback
- 8 Knee extensor strengthening in sitting using theraband
- 9 Knee extensor strengthening in sitting using weights
- 10 Knee extensor strengthening in sitting without weights

- 11 Knee extensor strengthening in supine using weights
- 12 Knee extensor strengthening in supine without weights
- 13 Knee extensor strengthening using device
- 14 Knee flexor and extensor strengthening in sitting using a skateboard
- 15 Knee flexor electrical stimulation
- 16 Knee flexor strengthening in prone using pulleys
- 17 Knee flexor strengthening in prone using theraband
- 18 Knee flexor strengthening in prone using weights
- 19 Knee flexor strengthening in prone using weights
- 20 Knee flexor strengthening in prone without weights
- 21 Knee flexor strengthening in prone without weights
- 22 Knee flexor strengthening in sitting using slidesheet
- 23 Knee flexor strengthening in sitting using theraband
- 24 Knee flexor strengthening in standing using pulleys
- 25 Knee flexor strengthening in standing using theraband
- 26 Knee flexor strengthening in standing using weights
- 27 Knee flexor strengthening in supine using skateboard
- 28 Knee flexor strengthening in supported standing without weights
- 29 Knee flexor strengthening in unsupported standing without weights
- 30 Knee flexor strengthening over the edge of a bed using theraband
- 31 Knee flexor/extensor strengthening in sidelying using slideboard
- 32 Kneeling over a carer's leg

L

- 1 Leaning forwards on a large ball in kneeling
- 2 Leaning to the side in sitting
- 3 Leaping from a standing start and landing on both legs
- 4 Leaping from a standing start and landing on one leg
- 5 Leaping off a block
- 6 Leaping off a mini-trampoline
- 7 Leaping sideways
- 8 Lifting an object from the floor to the table
- 9 Lifting in long sitting by rotating the trunk
- 10 Lifting in long sitting using blocks
- 11 Lifting in long sitting using scales
- 12 Lifting in parallel bars from a seated position.
- 13 Lifting in parallel bars in standing
- 14 Lifting in short sitting with a second plinth in front
- 15 Lifting in wheelchair
- 16 Lifting off elbows between two plinths
- 17 Lifting off the elbows
- 18 Lifting the first leg up when transferring
- 19 Lifting the head sideways
- 20 Lifting the leg sideways onto a block
- 21 Lifting the second leg up when transferring
- 22 Lifting up an object
- 23 Lifting up the arm in sitting.
- 24 Lip strengthening - alternating between pursing the lips and smiling
- 25 Long finger extensor stretch
- 26 Long sitting
- 27 Looking up and down in sitting
- 28 Lower limb stretch in standing using parallel bars
- 29 Lower limb stretch in standing using standing frame
- 30 Lower limb stretch in standing using tilt table
- 31 Lowering and pushing up in long sitting

- 32 Lowering and raising from a block
- 33 Lunge
- 34 Lunging forwards to a chair
- 35 Lying supine on the lap with legs resting on carer's chest

M

- 1 Maintaining a half-kneeling position
- 2 Maintaining a kneeling position
- 3 Maintaining grasp of a fork using tweezers and a coin
- 4 Maintaining grasp using tweezers and a coin
- 5 Maintaining half-kneeling
- 6 Maintaining single-leg stance while kicking a ball
- 7 Maintaining single-leg stance while lunging forwards
- 8 Maintaining single-leg stance while moving the other foot to targets in a circle

- 9 Maintaining single-leg stance while moving the other foot to targets in a semi-circle
- 10 Maintaining single-leg stance while rolling a ball around an obstacle
- 11 Maintaining single-leg stance while rolling the other foot on a ball
- 12 Maintaining single-leg stance while stepping
- 13 Maintaining single-leg stance while stepping backwards with the other leg
- 14 Maintaining single-leg stance while stepping from a block
- 15 Maintaining single-leg stance while touching the other foot on a block
- 16 Maintaining single-leg support while stepping up and down stairs
- 17 Maintaining wheelchair while seated
- 18 Manipulating toys while sitting on a chair
- 19 Marching on the spot
- 20 Middle deltoid electrical stimulation
- 21 Moving a fork sideways to targets using the fingertips
- 22 Moving across the bed
- 23 Moving around the bed in short sitting
- 24 Moving between prone and four-point kneeling
- 25 Moving between side-sitting and four-point kneeling
- 26 Moving between sitting and crawling with assistance
- 27 Moving between squatting and standing
- 28 Moving foot backwards to a block
- 29 Moving forwards in the wheelchair
- 30 Moving forwards in wheelchair
- 31 Moving forwards in wheelchair starting with hands behind back
- 32 Moving from bear-walk to standing
- 33 Moving from kneeling to half-kneeling
- 34 Moving from side to side in sitting
- 35 Moving from squatting to standing while performing a bimanual task
- 36 Moving from supported bear-walking to standing
- 37 Moving from the heels to the toes in standing
- 38 Moving into sitting
- 39 Moving into sitting from a semi-upright position
- 40 Moving into sitting with assistance
- 41 Moving objects between two containers
- 42 Moving over a carer's leg from sitting
- 43 Moving sideways in kneeling with assistance
- 44 Moving the affected leg to targets in a semi-circle
- 45 Moving the extended arm between two targets
- 46 Moving the leg back and forth while stepping
- 47 Moving the leg back and forth while stepping off a block
- 48 Moving the leg back and forth while stepping up and down stairs

- 49 Moving the legs across the bed
- 50 Moving the shoulders forwards in sitting to a target
- 51 Moving the shoulders forwards in sitting using a moving table
- 52 Moving water between two containers

N

- 1 Neck flexor/extensor stretch
- 2 Neck lateral flexor strengthening in sitting
- 3 Neck lateral flexor stretch
- 4 Neck protractor strengthening in sitting
- 5 Neck retractor strengthening
- 6 Neck rotator strengthening in sitting
- 7 Neck rotator stretch

O

- 1 Off-centre carry
- 2 Opening a combination lock
- 3 Opening a container
- 4 Opening a leash clip

P

- 1 Passive ankle movements
- 2 Passive elbow movements
- 3 Passive finger and hand movements
- 4 Passive hip and knee movements
- 5 Passive shoulder abduction
- 6 Passive shoulder flexion
- 7 Passive wrist flexion and extension

- 8 Passive wrist pronation and supination
- 9 Passive/active cycle for upper and/or lower limbs
- 10 Pectoralis electrical stimulation
- 11 Pectoralis stretch against a doorway
- 12 Pectoralis stretch in standing
- 13 Pharyngeal strengthening (effortful swallow)
- 14 Picking an object off the floor
- 15 Picking up a coin
- 16 Picking up an object between the thumb and fingertips
- 17 Picking up and holding onto coins
- 18 Picking up coins and placing them in a jar
- 19 Picking up objects with the toes
- 20 Pincer grip strengthening
- 21 Piriformis stretch
- 22 Pivoting in prone
- 23 Pivoting in sitting
- 24 Placing in side sitting
- 25 Placing in sidelying
- 26 Placing pegs in a peg board
- 27 Play in assisted standing
- 28 Play in kneeling
- 29 Play in supine
- 30 Playing with feet with assistance
- 31 Playing with one foot with assistance
- 32 Popping bubble wrap between the fingers
- 33 Posterior deltoid electrical stimulation
- 34 Posterior deltoid stretch in sitting
- 35 Posterior shoulder stretch
- 36 Pouring beans from a cup
- 37 Pouring beans into a cup
- 38 Pouring water between cups
- 39 Pouring water from one cup to another
- 40 Pouring water into a cupped palm
- 41 Pressing numbers on a phone
- 42 Prone carry
- 43 Prone carry along the arm
- 44 Prone carry over both arms
- 45 Prone lying on a carer's lap
- 46 Prone lying over a pillow
- 47 Prone propping on elbows while lying on carer
- 48 Prone propping on forearms
- 49 Prone propping on forearms looking at carer
- 50 Prone propping on hands
- 51 Prone propping on hands while lying on carer
- 52 Propping back and forth in long sitting
- 53 Propping in long sitting and moving weight forwards
- 54 Propping in side-sitting
- 55 Propping on elbow in sidelying with assistance
- 56 Propping on one forearm while reaching in prone
- 57 Puffing out the cheeks
- 58 Pulling up on an overhead bar
- 59 Pulling up to sit with assistance at forearms

- 60 Pulling up to sit with assistance over shoulder blades
- 61 Pushing a wheeled toy
- 62 Pushing down through the leg in sitting
- 63 Pushing down through the leg when leaning forwards
- 64 Pushing down with a fork
- 65 Pushing on flat ground
- 66 Pushing up a ramp backwards
- 67 Pushing up a ramp forwards
- 68 Push-ups between two plinths
- 69 Push-ups in prone
- 70 Push-ups on a large ball
- 71 Putting on a glove

Q

- 1 Quadriceps stretch in prone
- 2 Quadriceps stretch in sitting
- 3 Quadriceps stretch in standing

R

- 1 Raising and lowering from a block
- 2 Raising and lowering from a block with hand support nearby
- 3 Raising the leg onto a block
- 4 Reaching across the body while sitting
- 5 Reaching behind in sitting
- 6 Reaching diagonally in sitting
- 7 Reaching down and to the side from standing
- 8 Reaching down and to the side in sitting
- 9 Reaching down in supported standing
- 10 Reaching down while sitting on a stool
- 11 Reaching for a large object with both hands
- 12 Reaching forward in sitting
- 13 Reaching forward in sitting
- 14 Reaching forward to an object
- 15 Reaching forward while sitting on a chair
- 16 Reaching from a low surface to a high surface
- 17 Reaching from side to side in sitting
- 18 Reaching from side to side in standing
- 19 Reaching in four-point kneeling
- 20 Reaching in kneeling using one arm
- 21 Reaching in prone with assistance
- 22 Reaching in standing
- 23 Reaching in supported sitting
- 24 Reaching to different targets
- 25 Reaching to the floor in wheelchair
- 26 Reaching to the floor in wheelchair using backrest for support
- 27 Reaching to the ground in standing
- 28 Reaching to the side in standing
- 29 Reaching to the side in wheelchair
- 30 Reaching to the side when standing up
- 31 Reaching to the side while sitting
- 32 Reaching up and to the side in sitting
- 33 Reaching up in sitting
- 34 Reaching up in standing
- 35 Reaching up while sitting on a block
- 36 Reaching up while standing
- 37 Reaching while seated
- 38 Reaching while sitting on a block
- 39 Reaching while squatting
- 40 Reaching with both hands to different targets while standing

- 41 Resting in prone on carer's chest
- 42 Rhomboids electrical stimulation
- 43 Rhythmic finger tapping
- 44 Riding a push-along bike
- 45 Riding a tricycle
- 46 Rolling a ball between the thumb and fingertips
- 47 Rolling a ball in a circle while standing on the unaffected leg
- 48 Rolling a pen within the hand
- 49 Rolling from prone to supine with assistance
- 50 Rolling from side lying to prone
- 51 Rolling from side to side
- 52 Rolling from sidelying to prone with assistance
- 53 Rolling from supine to prone with assistance
- 54 Rolling from supine to sidelying with assistance
- 55 Rolling from supine to sidelying with assistance
- 56 Rolling in bed
- 57 Rolling over
- 58 Rolling over from quarter off supine
- 59 Rolling over on the spot
- 60 Rolling over using a weight on the wrist
- 61 Rolling over using elbow splints
- 62 Rolling the foot on a ball while standing
- 63 Rolling two balls around in the hand with the thumb
- 64 Rolling with assistance
- 65 Rotating the forearm to targets
- 66 Rotating the shoulder outwards while holding a cup
- 67 Rotating the shoulder to a target
- 68 Rotating to the side while sitting
- 69 Rotating to the side while sitting between a carer's legs
- 70 Rotation in standing
- 71 Running around obstacles
- 72 Running between lines
- 73 Running forwards over lines
- 74 Running on the spot

S

- 1 Seated push-up
- 2 Seated walking
- 3 Shifting a pen up and down within the hand (Caterpillar)
- 4 Shoulder abductor and adductor strengthening in supine using slings
- 5 Shoulder abductor strengthening in sitting using free weights
- 6 Shoulder abductor strengthening in sitting using pulleys
- 7 Shoulder abductor strengthening in sitting using theraband
- 8 Shoulder abductor strengthening in standing using theraband
- 9 Shoulder abductor strengthening in supine using theraband
- 10 Shoulder abductor strengthening using Uppertone
- 11 Shoulder abductor/adductor strengthening in supine using free weights
- 12 Shoulder adductor and forearm pronator stretch in sitting
- 13 Shoulder adductor and forearm supinator stretch in sitting
- 14 Shoulder adductor strengthening in sitting using pulleys
- 15 Shoulder adductor strengthening in sitting using theraband
- 16 Shoulder adductor strengthening in sitting using Uppertone
- 17 Shoulder adductor strengthening in standing using theraband
- 18 Shoulder adductor strengthening in supine using theraband
- 19 Shoulder adductor stretch in sitting

- 20 Shoulder and trunk strengthening by maintaining a plank position
- 21 Shoulder depression with arm in abduction
- 22 Shoulder depressor strengthening in sitting using slings
- 23 Shoulder depressor strengthening in sitting using Uppertone
- 24 Shoulder extensor and forearm pronator stretch
- 25 Shoulder extensor and forearm supinator stretch
- 26 Shoulder extensor strengthening in sitting using free weights
- 27 Shoulder extensor strengthening in sitting using pulleys
- 28 Shoulder extensor strengthening in sitting using pulleys
- 29 Shoulder extensor strengthening in sitting using pulleys
- 30 Shoulder extensor strengthening in sitting using pulleys
- 31 Shoulder extensor strengthening in sitting using theraband
- 32 Shoulder extensor strengthening in sitting using theraband
- 33 Shoulder extensor strengthening in sitting using theraband
- 34 Shoulder extensor strengthening in sitting using Uppertone
- 35 Shoulder extensor strengthening in standing using theraband
- 36 Shoulder extensor strengthening in supine using theraband
- 37 Shoulder extensor/flexor strengthening in prone using free weights
- 38 Shoulder external rotator strengthening in prone using free weights
- 39 Shoulder external rotator strengthening in sidelying using free weights
- 40 Shoulder external rotator strengthening in sitting using free weights
- 41 Shoulder external rotator strengthening in sitting using free weights with arm supported
- 42 Shoulder external rotator strengthening in sitting using pulleys
- 43 Shoulder external rotator strengthening in sitting using theraband
- 44 Shoulder external rotator strengthening in sitting using Uppertone
- 45 Shoulder external rotator strengthening in standing using theraband
- 46 Shoulder external rotator strengthening in supine using free weights
- 47 Shoulder external rotator strengthening in supine using theraband
- 48 Shoulder external/internal rotator strengthening in supine using springs
- 49 Shoulder flexor strengthening in sitting using free weights
- 50 Shoulder flexor strengthening in sitting using pulleys
- 51 Shoulder flexor strengthening in sitting using theraband
- 52 Shoulder flexor strengthening in sitting using Uppertone
- 53 Shoulder flexor strengthening in standing using theraband
- 54 Shoulder flexor strengthening in supine using free weights
- 55 Shoulder flexor strengthening in supine using theraband
- 56 Shoulder flexor/extensor strengthening in sidelying using a slideboard
- 57 Shoulder flexor/extensor strengthening in sidelying using slings
- 58 Shoulder flexor/extensor strengthening using slings and targets in sidelying
- 59 Shoulder horizontal abductor strengthening in sitting using pulleys
- 60 Shoulder horizontal abductor strengthening in sitting using theraband
- 61 Shoulder horizontal abductor strengthening using free weights
- 62 Shoulder horizontal abductor/adductor strengthening using slings
- 63 Shoulder horizontal adductor strengthening in sitting using pulleys
- 64 Shoulder horizontal adductor strengthening in sitting using theraband
- 65 Shoulder horizontal adductor strengthening in supine using free weights
- 66 Shoulder internal rotator strengthening in sidelying using free weights
- 67 Shoulder internal rotator strengthening in sitting using pulleys
- 68 Shoulder internal rotator strengthening in sitting using theraband
- 69 Shoulder internal rotator strengthening in standing using theraband
- 70 Shoulder internal rotator strengthening in supine using theraband
- 71 Shoulder internal rotator stretch in sitting
- 72 Shoulder internal rotator stretch in supine
- 73 Shoulder protractor/retractor strengthening in sitting using slings
- 74 Shoulder retractor strengthening in sitting

- 75 Shoulder retractor strengthening in sitting using pulleys
- 76 Shoulder retractor stretch in sitting
- 77 Shoulder retractor stretch in supine
- 78 Shuffling forwards in wheelchair
- 79 Shuffling on elbows in sidelying
- 80 Sidelying
- 81 Sidelying with assistance
- 82 Side-sitting
- 83 Side-sitting while playing
- 84 Single leg calf raises on a wedge
- 85 Single leg calf raises on a wedge
- 86 Single leg calf stretch on rolled-up towel
- 87 Single-leg calf raises
- 88 Single-leg calf raises
- 89 Single-leg cycling in standing
- 90 Single-leg heel raises
- 91 Single-leg hip extensor strengthening in supine
- 92 Single-leg hip extensor strengthening in supine using digital scales
- 93 Single-leg squat
- 94 Single-leg squat against a wall
- 95 Single-leg squat on a tilt table
- 96 Sit to stand from a block
- 97 Sit to stand pushing up through hands
- 98 Sit to stand with assistance from a carer's lap
- 99 Sitting and reaching behind
- 100 Sitting and reaching quickly
- 101 Sitting and reaching slowly
- 102 Sitting and reaching to the affected side
- 103 Sitting and reaching up and down
- 104 Sitting and turning around
- 105 Sitting and weight-bearing through the affected leg
- 106 Sitting back upright
- 107 Sitting forward
- 108 Sitting on a high plinth and weight-bearing through the affected leg
- 109 Sitting on a moving lap
- 110 Sitting on a wedge to play
- 111 Sitting on carer's lap
- 112 Sitting supported in a basket
- 113 Sitting up from sidelying
- 114 Sitting up from sidelying with assistance
- 115 Sitting up from supine
- 116 Sitting up from supine using one arm
- 117 Sitting up from supine using one arm and assistance
- 118 Sitting up straight
- 119 Sitting up using pockets
- 120 Sitting up via half-sidelying
- 121 Sitting up via sidelying
- 122 Sitting upright on an adult's lap
- 123 Sitting with a narrow base of support
- 124 Sitting with assistance
- 125 Skipping
- 126 Sliding the arm forwards on a table
- 127 Sliding the hand forwards on a table

- 128 Sliding the thumb on a ruler
- 129 Sliding the thumb on a stick with hand around cup
- 130 Soleus stretch in sitting using a wedge and belt
- 131 Soleus stretch in sitting using a wedge and sandbag
- 132 Soleus stretch in sitting using sandbags
- 133 Soleus stretch in standing
- 134 Soleus stretch in wheelchair using a belt
- 135 Spinal rotation stretch in sitting
- 136 Spinal rotation stretch in sitting with the arms crossed
- 137 Squat to play
- 138 Squat to stand from a low block with assistance
- 139 Squatting
- 140 Squatting against a wall
- 141 Squatting against a wall with a ball between the knees
- 142 Standing and bending and straightening the knees quickly
- 143 Standing and bouncing a ball with both hands
- 144 Standing and elevating the pelvis
- 145 Standing and leaning forwards and backwards
- 146 Standing and looking up and down
- 147 Standing and picking up an object off the floor
- 148 Standing and picking up an object off the floor with both hands
- 149 Standing and pivoting on one leg with support
- 150 Standing and reaching
- 151 Standing and reaching from the floor to above the head
- 152 Standing and reaching to the side
- 153 Standing and shifting weight using a harness
- 154 Standing and throwing a ball with two hands
- 155 Standing and turning with one leg forwards
- 156 Standing and turning with the feet close together
- 157 Standing at a table to play supported by arms
- 158 Standing at furniture to play
- 159 Standing in semi-tandem stance
- 160 Standing in step stance and throwing a ball
- 161 Standing in tandem stance
- 162 Standing long jump with feet together
- 163 Standing on an unstable surface and throwing a ball
- 164 Standing on one leg
- 165 Standing on one leg while balancing a beanbag on the foot
- 166 Standing on one leg with assistance
- 167 Standing on one leg with support
- 168 Standing on one leg with the other leg resting on a foam cup
- 169 Standing on tip toes
- 170 Standing on tip-toes
- 171 Standing supported by carer's legs
- 172 Standing supported with the back against the wall
- 173 Standing up and sitting down
- 174 Standing up and sitting down from a block using arm support
- 175 Standing up and sitting down from a dining table
- 176 Standing up and sitting down from a high surface
- 177 Standing up and sitting down from a low stool
- 178 Standing up and sitting down to a knee cue
- 179 Standing up and sitting down using a lateral knee cue
- 180 Standing up and sitting down using a limb-load monitor
- 181 Standing up and sitting down while holding onto an object

- 182 Standing up and sitting down while wearing a weight belt
- 183 Standing up and sitting down with a harness
- 184 Standing up and sitting down with arm support
- 185 Standing up and sitting down with assistance
- 186 Standing up and sitting down with foam between the knees
- 187 Standing up and sitting down with hand support nearby
- 188 Standing up and walking
- 189 Standing up from a squatting position with assistance
- 190 Standing up from an adult's knee with assistance
- 191 Standing up from half-kneeling
- 192 Standing up from half-kneeling at furniture with assistance
- 193 Standing up from kneeling with assistance
- 194 Standing up from the floor through a crouched position
- 195 Standing up with one leg forward
- 196 Standing up with one leg on a block
- 197 Standing with assistance
- 198 Standing with assistance facing a wall
- 199 Standing with assistance in between an adult's legs
- 200 Standing with assistance while holding onto a support
- 201 Standing with one leg forward
- 202 Standing with the feet together
- 203 Standing with the feet together and bouncing a ball with one hand
- 204 Stepping
- 205 Stepping backwards to a line with the affected leg
- 206 Stepping down from a block to a knee cue
- 207 Stepping down off a step
- 208 Stepping forward over uneven blocks
- 209 Stepping forward with the unaffected leg to a target
- 210 Stepping forwards and backwards with the affected knee on a chair
- 211 Stepping forwards over an obstacle with hand support nearby
- 212 Stepping forwards to a cue
- 213 Stepping forwards to reach for an object
- 214 Stepping into and out of buckets
- 215 Stepping onto a stool off tip-toes
- 216 Stepping over a ladder
- 217 Stepping over a raised rope
- 218 Stepping over an obstacle
- 219 Stepping sideways
- 220 Stepping sideways against a wall
- 221 Stepping sideways and back with the back against a wall
- 222 Stepping sideways on uneven blocks
- 223 Stepping sideways onto a block
- 224 Stepping sideways onto a block with hand support nearby
- 225 Stepping sideways over an obstacle with hand support nearby
- 226 Stepping sideways while catching and throwing a ball
- 227 Stepping sideways with assistance
- 228 Stepping sideways with assistance
- 229 Stepping to targets with hand support nearby
- 230 Stepping up and over a step
- 231 Stepping up onto a block
- 232 Stepping up onto a block
- 233 Stomping
- 234 Straight leg raise

- 235 Straight leg raise with other knee bent
- 236 Straightening and bending the fingers using targets
- 237 Supine lying playing with toy on feet
- 238 Supine to sitting over the edge of the bed
- 239 Supported sitting between a carer's legs
- 240 Supported squatting
- 241 Supported standing on one leg
- 242 Supraspinatus electrical stimulation
- 243 Swinging the foot quickly up to a target
- 244 Swivelling on the balls of the feet

T

- 1 Taking a cup to the mouth
- 2 Thoracic spine and upper-chest stretch
- 3 Threading macaroni
- 4 Throwing a ball overhead with two hands
- 5 Throwing a ball with one hand
- 6 Throwing an object underarm at a target
- 7 Throwing and catching a large ball with two hands
- 8 Thumb abduction with electrical stimulation
- 9 Thumb abduction: sliding the thumb on a stick with hand on top of cup
- 10 Thumb web-space stretch in sitting
- 11 Toe raises in standing
- 12 Tongue base strengthening (Masako manoeuvre)
- 13 Tongue strengthening - lateral tongue movements
- 14 Tongue strengthening - moving tongue in circular motion
- 15 Tongue strengthening - pressing tongue into cheek
- 16 Tongue strengthening - vertical tongue movements
- 17 Touching the thumb to each fingertip
- 18 Transferring between two perpendicular plinths
- 19 Transferring between two plinths
- 20 Transferring from floor to wheelchair off a small stool using backwards approach
- 21 Transferring from floor to wheelchair using backwards approach
- 22 Transferring from low to high plinth
- 23 Transferring from small to large stool
- 24 Transferring from small to medium stool
- 25 Transferring from stool to wheelchair
- 26 Transferring in long sitting from bed to wheelchair
- 27 Transferring in long sitting from wheelchair to bed
- 28 Transferring in long sitting from wheelchair to bed from halfway
- 29 Transferring in long sitting using a slideboard
- 30 Transferring in short sitting from bed to wheelchair
- 31 Transferring in short sitting from wheelchair to bed
- 32 Transferring in short sitting using a slideboard
- 33 Transferring weight between elbows in prone
- 34 Transferring weight between elbows in sidelying
- 35 Transferring weight laterally in standing
- 36 Transferring weight laterally in standing against two walls
- 37 Transferring weight laterally in standing beside a wall
- 38 Transferring weight laterally in standing with the back against a wall
- 39 Triceps electrical stimulation
- 40 Trunk and spine stretch in supine
- 41 Trunk side flexor stretch
- 42 Tuck carry
- 43 Tuck carry with one leg flexed

- 44 Turning around on the spot
- 45 Turning nuts and bolts
- 46 Turning the head and shoulders in sitting
- 47 Turning the head while sitting on a block

U

- 1 Unilateral ankle plantarflexor strengthening with one leg on a stool
- 2 Unilateral ankle plantarflexor stretch on wedge
- 3 Unilateral ankle plantarflexor stretch standing against a wall
- 4 Unilateral ankle plantarflexor stretch using a rolled-up towel
- 5 Unilateral hamstring stretch in long sitting
- 6 Unilateral hamstring stretch in supine
- 7 Unilateral shoulder internal rotator stretch in supine
- 8 Upper chest and abdominal stretch
- 9 Upper limb passive movements
- 10 Upper oesophageal sphincter opening (Shaker exercise)
- 11 Upright carry looking over a carer's shoulder
- 12 Using a knife and fork
- 13 Using a pen
- 14 Using a safety pin
- 15 Using a tape measure
- 16 Using an adjustable spanner
- 17 Using an eggbeater
- 18 Using pegs
- 19 Using scissors
- 20 Using tweezers

W

- 1 Walking a set distance within a set time
- 2 Walking along a low wall
- 3 Walking and dribbling a ball around obstacles
- 4 Walking backwards
- 5 Walking backwards along a line
- 6 Walking backwards pulling a toy
- 7 Walking between a carer and furniture
- 8 Walking between furniture
- 9 Walking between lines
- 10 Walking between two people
- 11 Walking down stairs
- 12 Walking down stairs
- 13 Walking down stairs using a hand rail
- 14 Walking down stairs with assistance
- 15 Walking forwards over lines
- 16 Walking hands forward and backward while prone on a ball
- 17 Walking in a corridor
- 18 Walking in a figure-of-eight
- 19 Walking in a figure-of-eight
- 20 Walking in a harness
- 21 Walking in a harness to targets
- 22 Walking lunge
- 23 Walking on a balance beam
- 24 Walking on a balance beam with assistance
- 25 Walking on a line
- 26 Walking on a line while bouncing a ball
- 27 Walking on a treadmill in a harness with assistance
- 28 Walking on a treadmill in a harness with pillowcase to assist swing
- 29 Walking on a treadmill in a harness with theraband to assist swing
- 30 Walking on an unstable surface using playground equipment
- 31 Walking on heels
- 32 Walking on knees

- 33 Walking on slopes
- 34 Walking on stepping stones
- 35 Walking on the spot on a treadmill in a harness to the beat of a metronome
- 36 Walking on tip-toes
- 37 Walking on uneven ground
- 38 Walking on uneven ground
- 39 Walking over obstacles
- 40 Walking over sand
- 41 Walking sideways along a line
- 42 Walking sideways between furniture
- 43 Walking sideways facing a wall
- 44 Walking sideways up and down stairs
- 45 Walking to the beat of a metronome
- 46 Walking up a kerb
- 47 Walking up stairs
- 48 Walking up stairs
- 49 Walking up stairs using a hand rail
- 50 Walking up stairs with assistance
- 51 Walking while carrying a large object
- 52 Walking while carrying an object in one hand
- 53 Walking while performing multiple tasks
- 54 Walking with a narrow base of support
- 55 Walking with a rear walker
- 56 Walking with assistance using clothing

- 57 Walking with one hand held
- 58 Walking with stilts
- 59 Walking with two hands held
- 60 Weight-bearing through affected leg when standing up using scales for feedback
- 61 Weight-bearing through one shoulder
- 62 Weight-bearing through one shoulder using a suspended ball
- 63 Wheelbarrow walking on hands
- 64 Wrist extensor electrical stimulation
- 65 Wrist extensor strengthening in sitting using free weights
- 66 Wrist extensor strengthening in sitting using theraband
- 67 Wrist extensor strengthening in supine using free weights
- 68 Wrist extensor strengthening using electrical stimulation and a target
- 69 Wrist flexor electrical stimulation
- 70 Wrist flexor strengthening in sitting using free weights
- 71 Wrist flexor strengthening in supine using free weights
- 72 Wrist flexor, forearm pronator and web-space stretch in sitting