

- 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 Rhythmical 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 weight s
- 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