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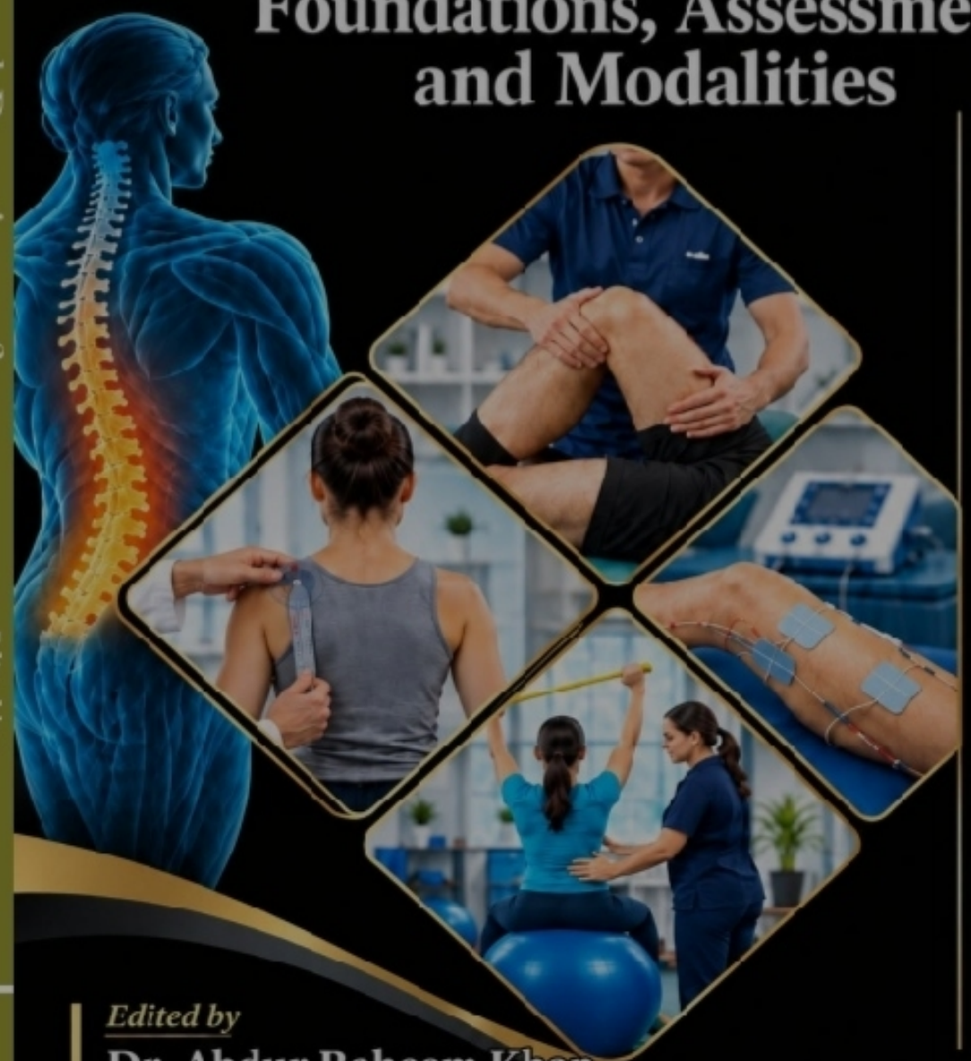
Principles and Practices of Physiotherapy

Edited by
Dr. Abdur Raheem Khan
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Principles and Practice *of* Physiotherapy:

Foundations, Assessment, and Modalities



FOUNDATIONS

ASSESSMENT

THERAPEUTIC EXERCISE

ELECTROTHERAPY & OTHER MODALITIES

FUNCTIONAL REHABILITATION

Edited by

Dr. Abdur Raheem Khan
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Chapter 15

Functional Mobility and Activity-Based Evaluation

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Abstract

Functional assessment and activity-based evaluation are important approaches for determining how a person's health condition influences movement, independence, daily activities, and participation. Traditional assessment often concentrates on impairments such as pain, weakness, restricted range of motion, reduced endurance, altered balance, or impaired coordination. Although these findings are clinically important, they do not always explain how a person performs meaningful activities in daily life. Functional assessment therefore focuses on the individual's ability to perform purposeful tasks, while activity-based evaluation examines performance during specific activities such as walking, sit-to-stand, stair climbing, reaching, transferring, lifting, running, and other goal-related tasks. The International Classification of Functioning, Disability and Health (ICF) provides an appropriate framework for understanding the relationship between impairments, activity limitations, participation restrictions, and contextual factors. Standardized tools such as the Timed Up and Go Test, Five Times Sit-to-Stand Test, Six-Minute Walk Test, Berg Balance Scale, Functional Reach Test, Barthel Index, Functional Independence Measure, Lower Extremity Functional Scale, and Patient-Specific Functional Scale can provide objective information about functional performance. Research has demonstrated useful reliability, validity, and responsiveness for several of these measures, although their measurement properties and clinical usefulness vary according to the population and purpose of assessment. A comprehensive evaluation should therefore combine clinical examination, observation of functional tasks, standardized outcome measures, and patient-defined activities.

Keywords: Functional assessment, activity-based evaluation, functional mobility, activity limitation, physical function.