

1. Positioning self management

- Pt will perform weight shifting in wheelchair with ___assist/cues (or upon alarm sounding)
- Pt will self monitor position changes in bed using AE and adaptive strategies 3/3 of days (or every hr, or in w/c every 15 mins)
- Pt will demonstrate increased trunk control and kinesthetic sense by retrieving toiletries from bed side table within limits of established safe functional reach while sitting in w/c.
- Pt will self correct posture to assume head over shoulders 75% of the time when up in w/c
- Pt will direct caregivers verbally through steps of applying w/c positioning devices for optimal seating position
- Pt will manage w/c devices, wheel locks, routine maintenance independently

2. Mobility

- Self propel (in room, on unit, facility, community) distances while independently traversing doorways & around obstacles.
- Demonstrate independent w/c set up for toilet transfer including brakes, armrest removal & proper w/c alignment with transfer surface
- Skills related goal areas:
 - Away/restore armrests, footrests
 - Rolling forward, backward
 - Turn in place, moving turns, 3 point turns
 - Reaching floor, w/c bag, high object
 - Maneuvering doorways, bathroom, ramp, cross slope, curb, threshold, irregular terrain
 - Fold/open w/c or instruct caregiver

3. Position

- Pt will demonstrate improved dynamic movement patterns to dress UB with min A on 3 of 3 days with accommodation of fixed pelvic deformity and anti sling stable seat base to improve proximal stability and safety in w/c.
- Increase dorsiflexion by 10 deg on right foot to tolerate positioning on foot plate for improved base of support for reduced slide/pelvic thrust.
- Improve trunk control with decreased left lateral flexion to ≤ 20 degrees when in w/c up to 2 hours
- With wedge cushion, demonstrate good foot strike for self propulsion without posterior pelvic tilt
- 90-90-90 position at hip, knee, ankle for 2 hours sans restraint
- Neutral midline position of head/neck throughout 1 hour meal using lateral supports and headrest adaptations.
- Tolerate OOB to w/c 2 hours each day 3 of 3 days in adapted seating system for tone inhibition and skin protection in order to attend activity of choice
- 0/10 pain in left UE with positioning in arm trough support
- Tolerate 20 degrees abduction of LEs with hip positioners in bed to prevent contracture progression and maintain ROM for hygiene
- Caregiver will independently return demonstrate positioning for meals with headrest and anterior support to promote safe swallow and improved oral retention to 50%
- Demonstrate 50/50 pressure distribution across buttocks/ischial tuberosities with solid seat insert and gel/foam cushion

4. Posture

- Pt will demonstrate improved postural symmetry during unsupported sitting with min VCs
- Maintain head above shoulders and chin at midline during 10 minute table top activity
- Demonstrate independent, effective placement of lumbar roll back support in chair 3 of 3 days

5. Pain

- Pt will complete pain diary X 5 days to track pain patterns & response to relief efforts
- Pt will demonstrate effective joint protection strategies during w/c mobility & transfer tasks 3 of 5 days
- Pt will demonstrate reduced agitation while seated in w/c by 25% for 3 days as evidenced by fewer episodes of (screaming, thrusting, etc.)