

**Bethlehem Central School District  
Physical Therapy Department  
Proximal stability skill checklist**

		1	2	3	4
<p><b>Key</b>            1 Skill not displayed in any setting despite support given            2 Skill displayed inconsistently with models/prompts.            3 Skill displayed consistently with models/prompts            4 Skill displayed independently</p>					
1	Spontaneously uses protective responses in anterior, posterior, and lateral directions				
2	Assumes and maintains supine flexion for a period of _____ seconds				
3	Assumes and maintains prone extension for a period of _____ seconds				
4	Assumes and maintains quadruped and weight shift within the position for a period of _____ seconds.				
5	Rises to standing from a back-lying position without turning to the side first.				
6	Maintains a functional sitting posture without support from the external environment during desktop/floor activities				
7	Demonstrates 3 sit ups in 30 seconds				
8	Demonstrates 5 sit ups in 30 seconds				
9	Demonstrates 8-10 sit ups in 20 seconds				
10	Demonstrates over 10 sit ups in 20 seconds				
11	Demonstrates _____ bent knee push -ups in a 20 second time period.				
12	Demonstrating _____ full push-ups in a 20 second time period.				
13	Demonstrates the ability to hold posture and move within the held position with good alignment while working on a vertical surface in a variety of static positions including high kneeling, half kneeling and standing for a _____ minute time period				
14	Demonstrates the ability to stabilize trunk while performing reaching and trunk rotation activities crossing body midline for a minimum of _____ repetitions.				
15	Stands on 1 foot with hands on hips with free leg bent back at knee for _____ seconds with less than 20 degrees of postural sway.				
16	Stands on each foot with hands on hips without swaying more than 20 degrees for _____ seconds on each foot.				
17	Stands on one foot with eyes closed with less than 20 degrees of postural sway for a period of _____ seconds.				
18	Demonstrates increased shoulder stability by completing _____ wall push-ups				
19	Demonstrates increased shoulder stability writing on a vertical surface for _____ minutes.				