

Appendix 1: MOFS- Sample Assessment Sheet-

- Name:
- Phone/Email:
- Gender:
- DOB:
- Emergency Contact:
- Prior broken bone in past three years (if over 50 y.o.)
- Have had a bone scan (T-score) in the past 3 years? If so, what was the score?
- Current medications:
- Current activities of daily living:
- Current physical or mental limitations/ pain:
- Past injuries or medical conditions:

Note- that all upper and lower tests should be performed unless the individual cannot perform them. Both static and dynamic tests should be performed if the individual can walk unassisted. Choose only one of the endurance tests based on the client’s mobility and cardiorespiratory limitations. Consult the video and instructions on testing protocols. Substitute feet and meters as needed. 1meter= 3.28 feet or 1yd = .914 m.

Analysis from assessment- Male 70 y.o. – strong-force (4), inflexible (2), good balance & agility & endurance (3). Great coordination and dexterity (4). Needs to work on flexibility and a bit on balance. Should be trained at a 3.

Table 7: A display of the variable tested, the test name, what is being measured.

FUNCTION TESTED	TEST NAME	MEASUREMENT IN TEST	SCORE	RANK (1-4)
AGILITY	8’ up and go	Time to complete. The lower the time the more agile the client.	5	3
BALANCE-STATIC	4 stage balance test	10” hold position, eyes closed repeat	1leg EO	3
BALANCE- DYNAMIC	Tandem Walk, Head up, Eyes open/close	10 steps without losing balance	Tandem EO	3
COORDINATION	Alternate Ball Toss	5 ft distance, # of catches in 30”	14	4
DEXTERITY/DEFTNESS	Soda can turnover	Time to complete	23	4
ENDURANCE 1	2 min march	Steps completed on one leg		
ENDURANCE 2	2 min walk (50 ft cone)	Distance covered in meters/ft		
ENDURANCE 3	6 min walk (50 ft cone)	Distance covered in meters/ft	635	3
FLEXIBILITY- UPPER	Back Scratch	Distance between or overlap middle fingers	4.8	2
FLEXIBILITY- LOWER	Chair Sit n Reach	Distance/overlap- finger tip to shoe tip	2.1	2
FORCE-UPPER	Arm Curls	Repetitions in 30 sec	25	4
FORCE- LOWER	Chair Stands	Repetitions in 30 sec	23	4
BONE DENSITY	T-Score	Percentile in the population (T#)	.7	3
PRIOR FRACTURE		YES or NO to fracture after 50	no	no