

CAPAGE

Promoting academic and professional excellence in health care
to meet the challenges of aging in Sri Lanka

Practical Session Guide

Functional assessment methods related to
common musculoskeletal disorders in older
adults



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Practical Session

Title:

Functional assessment methods related to common musculoskeletal disorders in older adults

Duration:

1 hours

Target group:

Undergraduate physiotherapy students

Session objectives

By the end of the session, students will be able to:

- Demonstrate appropriate assessment tools for elderly patients.
- Analyze assessment findings and formulate a physiotherapy diagnosis.

Materials Needed

- Printed case scenarios
- Assessment forms (Berg Balance Scale, Barthel Index)
- Whiteboard for group work
- Goniometers
- Digital dynamometer
- Stopwatches
- Chairs (with and without arm rest)
- Measuring tapes

- Step or stool
- Step markers

Session structure

Students rotate through 3 stations, spending 15 minutes at each.

Station 1: Assessing functional mobility using Timed Up and Go (TUG) Test (Annexure 1)

<https://www.youtube.com/watch?app=desktop&v=-XFxbaOWDCs>

<https://www.youtube.com/watch?v=tNay64Mab78>

Station 2: Assessing balance using Berg Balance Scale (Annexure 2)

<https://www.youtube.com/watch?v=mqr6nUb9X4k>

<https://www.youtube.com/watch?v=HBKXu9fHnuo>

Station 3: Assessing muscle strength & joint ROM using dynamometer & goniometer

Group Discussion & Reflection (15 min)

Each group presents the assessment tools they used in their case.

Obtain peer feedback.

Q&A session