### FUNCTION IN SITTING TEST (FIST) RESULTS

<table>
<thead>
<tr>
<th>FIST Test Item</th>
<th>Date:</th>
<th>Date:</th>
<th>Date:</th>
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<tbody>
<tr>
<td>½ femur on surface; hips &amp; knees flexed to 90° □ Used step/stool for positioning &amp; foot support</td>
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<tr>
<td>Randomly Administered Once</td>
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<tr>
<td><strong>Anterior Nudge</strong>: superior sternum</td>
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<tr>
<td><strong>Posterior Nudge</strong>: between scapular spines</td>
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<tr>
<td><strong>Lateral Nudge</strong>: on dominant side at acromion</td>
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**Static sitting**: 30 seconds

- **Sitting, shake ‘no’**: left and right
- **Sitting, eyes closed**: 30 seconds
- **Sitting, lift foot**: dominant side, lift foot 1 inch twice
- **Pick up object from behind**: object at midline, hands breadth posterior
- **Forward reach**: use dominant arm, must complete full motion
- **Lateral reach**: use dominant arm, clear opposite ischial tuberosity
- **Pick up object from floor**: from between feet
- **Posterior scooting**: move backwards 2 inches
- **Anterior scooting**: move forward 2 inches
- **Lateral scooting**: move to dominant side 2 inches

**TOTAL** / 56 / 56 / 56

Administered by:

Notes/comments:

### Scoring Key:
- **4** = Independent (completes task independently & successfully)
- **3** = Verbal cues/increased time (completes task independently & successfully and only needs more time/cues)
- **2** = Upper extremity support (must use UE for support or assistance to complete successfully)
- **1** = Needs assistance (unable to complete w/o physical assist; document level: min, mod, max)
- **0** = Dependent (requires complete physical assist; unable to complete successfully even w/physical assist)