Physical Performance Test (PPT)
Scoring Form

Administer the test as outlined below. Subjects are given 2 chances to complete each item. Assistive devices are permitted for tasks 6–8. If desired, record exact time for each task and trial.

1. Write a Sentence
Examiner: Ask the subject, when given the command 'go' to write the sentence, 'Whales live in the blue ocean.' Time from the word 'go' until the pen is lifted from the page at the end of the sentence. All words must be included and legible. Period need not be included for task to be considered completed.

   (4) 10 seconds or less
   (3) 10.5–15 seconds
   (2) 15.5–20 seconds
   (1) more than 20 seconds
   (0) unable

2. Simulated Eating
Examiner: Put five kidney beans in a bowl, 5 inches from the edge of a desk in front of the subject. Place an empty coffee can on the table at the subject's nondominant side. Place a teaspoon in the subject's dominant hand. Ask the subject, on the command 'go,' to pick up the beans, one at a time, with the teaspoon and put them in the coffee can. Time from the command 'go' until the last bean is heard hitting the bottom of the can.

   (4) 10 seconds or less
   (3) 10.5–15 seconds
   (2) 15.5–20 seconds
   (1) more than 20 seconds
   (0) unable

3. Lift a Book and Put It on a Shelf
Book: 5.5 lb book such as 1988 PDR
Bed height: 59 cm
Shelf height: 118 cm

Examiner: Subject should be sitting with feet on the floor. Place a Physician's Desk Reference or other 5.5 lb book on a table or shelf in front of the subject. Ask the subject, when given the command 'go,' to place the book on a shelf above shoulder level. Time from the command 'go' until the book is resting on the shelf.

   (4) 2 seconds or less
   (3) 2.5–4 seconds
   (2) 4.5–6 seconds
   (1) more than 6 seconds
   (0) unable
4. Put On and Remove a Jacket
Examiner: Subject should be standing. If wearing a jacket or cardigan sweater, it should be removed and used for this task. Or give the subject a lab coat, bath robe, button down shirt, or hospital gown. Ask the subject, on the command 'go,' to put the coat on completely so that it is straight on his or her shoulders and then remove the garment completely. Time from the command 'go' until the garment has been completely removed.

   ___ (4) 10 seconds or less  
   ___ (3) 10.5–15 seconds  
   ___ (2) 15.5–20 seconds  
   ___ (1) more than 20 seconds  
   ___ (0) unable  

5. Pick Up a Penny From Floor
Examiner: Place penny approximately 12 inches from the subject’s dominant foot. Ask the subject, on the command 'go,' to pick up the penny from the floor and stand up. Time from the command 'go' until the subject is standing erect with penny in hand.

   ___ (4) 2 seconds or less  
   ___ (3) 2.5–4 seconds  
   ___ (2) 4.5–6 seconds  
   ___ (1) more than 6 seconds  
   ___ (0) unable  

6. Turn 360 Degrees
Examiner: With subject in the corridor or in an open room, ask the subject to turn 360 degrees.

Steps
   ___ (2) continuous  
   ___ (0) discontinuous

Steadiness
   ___ (2) steady  
   ___ (0) unsteady (grabs, staggers)

7. 50-Foot Walk Test
50 feet = 15.24 meters
50 feet in 15 seconds is 3.33 feet per second or approximately 1 meter per second.
Examiner: Bring subject to start on 50-foot walk test course (25 feet out and 25 feet back) and ask the subject, on the command 'go,' to walk to the 25-foot mark and back. Time from the command 'go' until the starting line is crossed on the way back.

   ___ (4) 15 seconds or less  
   ___ (3) 15.5–20 seconds  
   ___ (2) 20.5–25 seconds  
   ___ (1) more than 25 seconds  
   ___ (0) unable  

Reproducible Master Scoring Form accompanying VHI's "Administering Functional Assessment Tests" DVD #2.
8. Climb One Flight of Stairs
Examiner: Escort the subject to the foot of the stairs (9–12 steps). Time the individual from the command ‘go,’ until the subject’s first foot reaches the top of the first flight of stairs.

___ (4) 5 seconds or less
___ (3) 5.5–10 seconds
___ (2) 10.5–15 seconds
___ (1) more than 15 seconds
___ (0) unable

9. Climb Stairs
Examiner: Bring subject to foot of stairs (9–12 steps) and ask subject, on the command ‘go,’ to begin climbing stairs until he or she feels tired and wishes to stop. Before beginning task, alert the subject to the possibility of developing chest pain or shortness of breath and inform the subject to tell you if any of these symptoms occur. Record the number of flights (maximum of 4) climbed (up and down is one flight). Monitor vital signs as indicated.

___ (4) 4 flights of stairs
___ (3) 3 flights of stairs
___ (2) 2 flights of stairs
___ (1) 1 flight of stairs
___ (0) unable