ACTIVITY INDEPENDENCE MEASURE - TRAUMA
12 ACTIVITIES

1. Roll over
2. Sit up and remain seated for 10 sec.
3. Stand up and remain standing for 10 sec.
4. Walk/move around 14 meter
5. Timed 10 meter walk/move around
6. Climb up and down 10 steps
7. Kneel down and stand up
8. Pick up a small object and manipulate
9. Open a jar/bottle
10. Reach lower back and grasp clothes
11. Reaching face and neck
12. Lift and carry 5 kg above shoulder level