

ZAMBOANGA CITY MEDICAL CENTER  
**DEPARTMENT OF REHABILITATION MEDICINE**  
Dr. Evangelista Street, Sta. Catalina, Zamboanga City



**REHABILITATION PROGRESS BOOKLET**

NAME: \_\_\_\_\_

ATTENDING PHYSIATRIST: \_\_\_\_\_

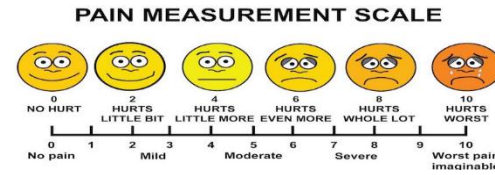
NAME:	AGE:	GENDER:	RELIGION:
ADDRESS:	OCCUPATION:		CIVIL STATUS:
DIAGNOSIS			WEIGHT:

**PHYSICAL THERAPY**

PROBLEM LIST:	BASELINE	1 <sup>ST</sup> FF-UP	2 <sup>ND</sup> FF-UP	3 <sup>RD</sup> FF-UP	4 <sup>TH</sup> FF-UP

**LEGEND:**

**Pain Scale**



3 – Moderate Assistance (subject = 50%)

**Range Of Motion**

- F - Functional
- NF -Non Functional

**Motor Strength**

- 0 – No muscle contraction
- 1 – Palpable muscle contraction with no joint movement
- 2 – Partial joint movement
- 3 – Complete range of motion with no manual resistance
- 4 – Complete range of motion with moderate resistance
- 5 – Complete range of motion with maximal resistance

**Sensory**

- NS - Normal Sensation
- DS -Decrease Sensation
- AS - Absent Sensation

**SITTING AND STANDING BALANCE AND TOLERANCE**

BALANCE	ASSUME	MAINTAIN	CHALLENGE
Poor	x	x	x
Fair	/	/	✗
Good	/	/	/

TOLERANCE	TIME
Poor	< 15 min
Fair	15 – 30 min
Good	> 45 min

**FIM LEVELS**

- NO HELPER
  - 7 – Complete Independence (timely, safety)
  - 6 – Modified Independence (device)
- HELPER (Modified Dependence)
  - 5 – Supervision (subject = 100%)
  - 4 – Minimal Assistance (subject = 75%)
- HELPER (Complete Dependence)
  - 2 – Maximal Assistance (subject = 25%)
  - 1 – Total Assistance or not testable (subject = less than 25%)



PROBLEM LIST	FINDINGS:	Remarks

PROBLEM LIST:	BASELINE	5 <sup>th</sup> FF-UP	6 <sup>th</sup> FF-UP	7 <sup>th</sup> FF-UP	8 <sup>th</sup> FF-UP



PROBLEM LIST:	BASELINE	9 <sup>th</sup> FF-UP	10 <sup>th</sup> FF-UP	11 <sup>th</sup> FF-UP	12 <sup>th</sup> FF-UP

PROBLEM LIST	FINDINGS:	Remarks

PROBLEM LIST	FINDINGS:	Remarks

PROBLEM LIST	FINDINGS:	Remarks



PROBLEM LIST	FINDINGS:	Remarks

PROBLEM LIST	FINDINGS:	Remarks



PROBLEM LIST	FINDINGS:	Remarks

PROBLEM LIST	FINDINGS:	Remarks



PROBLEM LIST	FINDINGS:	Remarks

PROBLEM LIST	FINDINGS:	Remarks





PROBLEM LIST	FINDINGS:	Remarks

PROBLEM LIST	FINDINGS:	Remarks



PROBLEM LIST	FINDINGS:	Remarks

PROBLEM LIST	FINDINGS:	Remarks



PROBLEM LIST	FINDINGS:	Remarks

FUNCTIONAL INDEPENDENCE MEASURE (FIM)

Self-care	BASELINE	5 <sup>th</sup> FF-UP	6 <sup>th</sup> FF-UP	7 <sup>th</sup> FF-UP	8 <sup>th</sup> FF-UP
a. Eating					
b. Grooming					
c. Bathing					
d. Dressing – Upper Ext.					
e. Dressing – Lower Ext.					
f. Toileting					
SPHINCTER CONTROL					
g. Bladder					
h. Bowel					
TRANSFERS					
i. Bed, Chair, Wheelchair					
j. Toilet					
k. Tub, Shower					
LOCOMOTION					
l. Walk/Wheelchair					
m. Stairs					
COMMUNICATION					
n. Comprehension					
o. Expression					
Social Cognition					
p. Social Interaction					
q. Problem Solving					
r. Memory					



FUNCTIONAL INDEPENDENCE MEASURE (FIM)

Self-care	BASELINE	9 <sup>th</sup> FF-UP	10 <sup>th</sup> FF-UP	11 <sup>th</sup> FF-UP	12 <sup>th</sup> FF-UP
a. Eating					
b. Grooming					
c. Bathing					
d. Dressing – Upper Ext.					
e. Dressing – Lower Ext.					
f. Toileting					
SPHINCTER CONTROL					
g. Bladder					
h. Bowel					
TRANSFERS					
i. Bed, Chair, Wheelchair					
j. Toilet					
k. Tub, Shower					
LOCOMOTION					
l. Walk/Wheelchair					
m. Stairs					
COMMUNICATION					
n. Comprehension					
o. Expression					
Social Cognition					
p. Social Interaction					
q. Problem Solving					
r. Memory					

PROBLEM LIST	FINDINGS:	Remarks



FUNCTIONAL INDEPENDENCE MEASURE (FIM)

Self-care	BASELINE	1 <sup>ST</sup> FF-UP	2 <sup>ND</sup> FF-UP	3 <sup>RD</sup> FF-UP	4 <sup>TH</sup> FF-UP
a. Eating					
b. Grooming					
c. Bathing					
d. Dressing – Upper Ext.					
e. Dressing – Lower Ext.					
f. Toileting					
<b>SPHINCTER CONTROL</b>					
g. Bladder					
h. Bowel					
<b>TRANSFERS</b>					
i. Bed, Chair, Wheelchair					
j. Toilet					
k. Tub, Shower					
<b>LOCOMOTION</b>					
l. Walk/Wheelchair					
m. Stairs					
<b>COMMUNICATION</b>					
n. Comprehension					
o. Expression					
<b>Social Cognition</b>					
p. Social Interaction					
q. Problem Solving					
r. Memory					

OCCUPATIONAL THERAPY

PROBLEM LIST:	BASELINE	1 <sup>ST</sup> FF-UP	2 <sup>ND</sup> FF-UP	3 <sup>RD</sup> FF-UP	4 <sup>TH</sup> FF-UP



PROBLEM LIST:	BASELINE	5 <sup>th</sup> FF-UP	6 <sup>th</sup> FF-UP	7 <sup>th</sup> FF-UP	8 <sup>th</sup> FF-UP

PROBLEM LIST:	BASELINE	9 <sup>th</sup> FF-UP	10 <sup>th</sup> FF-UP	11 <sup>th</sup> FF-UP	12 <sup>th</sup> FF-UP





