

Function in Sitting Test (FIST)

Request a demo of **Pathways**, our new provider-driven MSK care platform



SCORING KEY

- 4 = **Independent** (completes task independently and successfully)
- 3 = **Verbal cues/increased time** (completes task independently and 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 without physical assist; document level: min, mod, max)
- 0 = **Dependent** (requires complete physical assist; unable to complete successfully even with physical assist)

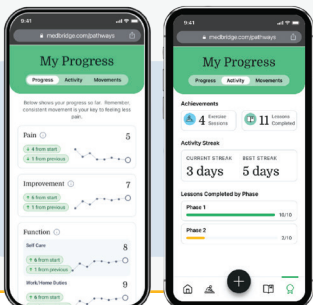
ADMINISTERED BY: _____

FIST Test Item

½ femur on surface; hips and knees flexed to 90°
 Used step/stool for positioning and foot support

DATE: _____ DATE: _____ DATE: _____
 Score (0-4) Score (0-4) Score (0-4)

Randomly Administered Once	Anterior Nudge: Superior sternum			
	Posterior Nudge: Between scapular spines			
	Lateral Nudge: To dominant side at acromion			
Static sitting: 30 seconds				
Sitting, shake 'no': Left and right				
Sitting, eyes closed: 30 seconds				
Sitting, lift foot: Lift dominant foot 1 inch off the ground twice				
Pick up object from behind: Place object 1 hand's breadth behind sacrum				
Forward reach: Use dominant arm, must complete full motion				
Lateral reach: Use dominant arm, feet down, lift 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				
NOTES	TOTAL	/56	/56	/56



Get More Patients to the Right Level of Care with MedBridge Pathways

- Gain insight into patient need and ability with digital triage and AI-powered motion capture.
- Treat a variety of conditions with holistic, evidence-based programs.
- Open up access to care and manage MSK costs with digital programs that meet patients where they're at.
- [Learn more at www.medbridge.com/enterprise/pathways](http://www.medbridge.com/enterprise/pathways)