

Summary of Observed Function Test (SOFT)

Version 1.0 15-JUN-23

Subjects name:

Evaluator:

Date of Assessment:

DOB:

Diagnosis:

0	1	2	3	4	5	6
Mobility						
Unable to sit upright in wheelchair (reclined or no longer able to use WC)	Unable to walk, mainly electric wheelchair user	Unable to walk, mainly manual wheelchair user	Walks with aids (stick, frame, person) (RHS 10m)	Walking speed, no aids, no acceleration (RHS 10m)	Picks up speed, accelerates (RHS 10 m)	Able to run (RHS 10m)
Ability with arms (PUL Entry)						
No useful hand function	Can use hands to hold pen or pick up a token or drive a powered chair	Can raise 1 or 2 hands to mouth but cannot raise a cup with a 200g weight in it to mouth	Can raise standardized plastic cup with 200g weight in it to mouth using both hands if necessary	Can raise both arms simultaneously (elbows to shoulder height with or without compensation. Elbow bent or in extension	Can raise both arms simultaneously above head only by flexing the elbow shortening circumference of the movement /using accessory muscles)	Can abduct both arms simultaneously, elbows in extension in a full circle until they touch above the head.

SCORE	0	2	4
Rise from floor	Unable or using furniture	Able with Gowers	Able arms free
Ability to stand up (standard chair in adults, 90/90 sitting position in child)	Cannot stand up from chair	Can stand up with assistance (person or armrests)	Can stand up independently
Ability on stairs	Unable	Up 4 stairs with support	Up 4 stairs, no arm support

Total Score	Observed	Self-report	Score
Mobility:	Yes <input type="checkbox"/>	Yes <input type="checkbox"/>	/ 6
Ability with arms:	Yes <input type="checkbox"/>	Yes <input type="checkbox"/>	/ 6
Rise from floor:	Yes <input type="checkbox"/>	Yes <input type="checkbox"/>	/ 4
Ability on stairs:	Yes <input type="checkbox"/>	Yes <input type="checkbox"/>	/ 4
Ability to stand up:	Yes <input type="checkbox"/>	Yes <input type="checkbox"/>	/ 4
		TOTAL	/ 24

Can be observed or patient reported via video call or over phone. Or maybe stairs are not available in clinic and the subject may self-report.

