Functional Reach Test and Modified Functional Reach Instructions

General Information: The Functional Reach test can be administered while the patient is standing (Functional Reach) or sitting (Modified Functional Reach).

Functional Reach (standing instructions):

- The patient is instructed to next to, but not touching, a wall and position the arm that is closer to the wall at 90 degrees of shoulder flexion with a closed fist.
- The assessor records the starting position at the 3rd metacarpal head on the yardstick.
- Instruct the patient to “Reach as far as you can forward without taking a step.”
- The location of the 3rd metacarpal is recorded.
- Scores are determined by assessing the difference between the start and end position is the reach distance, usually measured in inches.
- Three trials are done and the average of the last two is noted.

Modified Functional Reach Test (Adapted for individuals who are unable to stand):

- Performed with a leveled yardstick that has been mounted on the wall at the height of the patient’s acromion level in the non-affected arm while sitting in a chair
- Hips, knees and ankles positioned are at 90 degree of flexion, with feet positioned flat on the floor.
- The initial reach is measured with the patient sitting against the back of the chair with the upper-extremity flexed to 90 degrees, measure was taken from the distal end of the third metacarpal along the yardstick.
- Consists of three conditions over three trials
  - Sitting with the unaffected side near the wall and leaning forward
  - Sitting with the back to the wall and leaning right
  - Sitting with the back to the wall leaning left.
• Instructions should include leaning as far as possible in each direction without rotation and without touching the wall

• Record the distance in centimeters covered in each direction

• If the patient is unable to raise the affected arm, the distance covered by the acromion during leaning is recorded

• First trial in each direction is a practice trial and should not be included in the final result

• A 15 second rest break should be allowed between trials

Set-up:
• A yardstick and duck tap will be needed for the assessment.
• The yardstick should be affixed to the wall at the level of the patient’s acromion.

References:
**Functional Reach Test and Modified Functional Reach Score Sheet**

Name: ________________________________________________________________

**Instructions:**

Instruct the patient to “Reach as far as you can forward without taking a step”

**Score Sheet:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Trial One (Practice)</th>
<th>Trial Two</th>
<th>Trial Three</th>
<th>Total (average of trial 2 and 3 only)</th>
</tr>
</thead>
</table>