

MEDICAL DIAGNOSIS: _____

DESCRIPTION OF PRIMARY DISABILITY: _____

ASSOCIATED / ADDITIONAL DISABILITY: _____

Eg. Spinal deformity, intellectual disability

Ability to walk: Y / N Crutches / Aids: Y / N Wheelchair: Y / N Electric / Manual

CHOSEN SPORT(S): Please list in order of priority (limit of 3)

1. _____ 2. _____ 3. _____

How long have they been involved in these sports?

1. _____ 2. _____ 3. _____

Does the athlete have an accredited coach/trainer in any of these sports? Yes / No

If yes, details: _____

Number of Training Sessions / week during regular season: _____

Average length of each Training Session: _____ Cross Training: Yes / No

Type of Cross Training: _____

Number of competitions within past 12 months:

Competitions for Athletes with a Disability: _____ Able bodied competitions: _____

SECTION 2: Therapist Details

TESTED BY: Signature: _____ Date: ____ / ____ / ____

NAME: _____

CONTACT DETAILS: PHONE H (__) _____ W (__) _____

FAX (__) _____ E MAIL _____

ADDRESS: _____

SECTION 3: General Information

Please list any orthopaedic or surgical procedures that may be relevant eg. Spinal fusion, tendon transfer, tendon release:

Medication (please list including dosage): _____

SECTION 4: Sitting Balance

Please circle: NORMAL FAIR POOR NONE

SECTION 5: Muscle Testing (Ref: Daniels & Worthingham 1980 - Muscle Grade 0 – 5)

For people whose principal impairment is loss of muscle power, such as people with spinal cord injury, muscular dystrophy or post-Polio syndrome, complete the muscle power chart below and video the tasks at the bottom of the chart. **NOTE:** For people whose main impairment is poor motor control, eg. ataxia, athetosis, hypertonus of cerebral origin, complete section 9 (not this section). This includes people with cerebral palsy, acquired brain injury or stroke.

	Right	Left		Right	Left
Shoulder			Thumb		
*Flexion			Opposition		
*Extension			Extension		
*Abduction			Trunk		
*Adduction			*Flexion Upper		
External Rotation			*Flexion Lower		
Internal Rotation			Extension Upper		
Horizontal Flexion			Extension Lower		
Protraction			*Rotation		
Elbow			Legs / Hip		
*Flexion			*Flexion		
*Extension			*Extension		
Pronation			Abduction		
Supination			Adduction		
Wrist			External Rotation		
*Flexion			Internal Rotation		
*Extension			Knee		
Ulna Abduction			*Flexion		
Radius Abduction			*Extension		
Finger			Ankle		
*Flexion			*Dorsiflexion		
*Extension			*Plantarflexion		
Abduction			Pronation		
Adduction			Supination		

Video tasks for Section 5

With the athlete sitting in their regular wheelchair, or in an office chair if they don't use a wheelchair, please video them demonstrating active range of movement for each of the movements marked with a (*) in the table above. Ask the athlete to do each movement three times with each limb. Use your professional judgment and do not ask athletes to attempt any task you feel is unsafe or inappropriate.

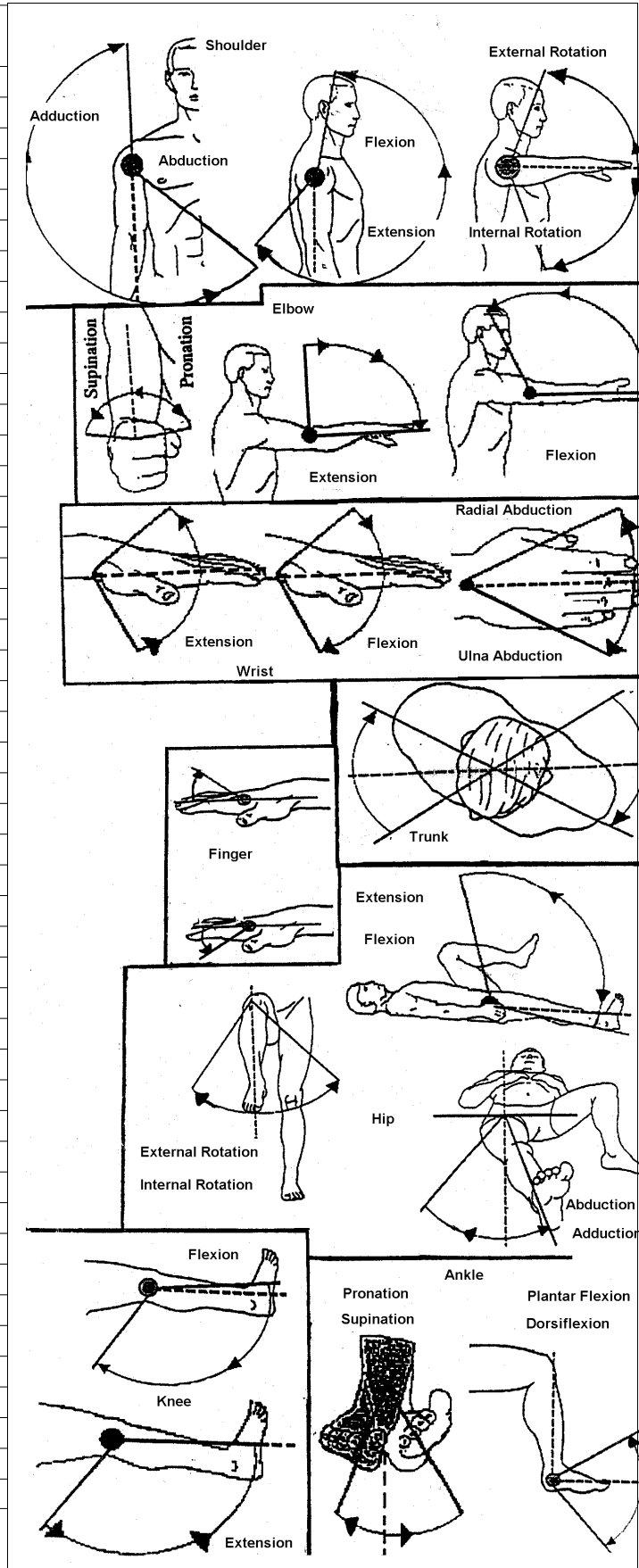
Please note:

- Trunk flexion, extension and rotation should be full range of movement done away from the backrest;
- Athletes that are able to walk (with or without assistance) should walk 10m away from the camera and 10m towards.

SECTION 6: Range of Movement

Only complete this section for joints with loss of range. Please tick only normal range. **Mark on each diagram the start and end position of the available active range.**

	Full ROM	Right	Left
Shoulder			
Flexion	170		
Extension	40		
Abduction	180		
Adduction	40		
Ext. Rotation	70		
Int. Rotation	70		
Elbow			
Flexion	150		
Extension	10		
Pronation	90		
Supination	90		
Extension	60		
Wrist			
Flexion	60		
Uln Abduction	40		
Rad Abduction	25		
Finger			
Flexion			
Extension			
Abduction			
Adduction			
Thumb			
Opposition			
Extension			
Trunk			
*Flexion Upper			
*Flexion Lower			
*Ext Upper			
*Ext Lower			
Rotation	60		
Legs / Hip			
Flexion	130		
Extension	10		
Abduction	40		
Adduction	30		
Ext. Rotation	45		
Int. Rotation	35		
Knee			
Flexion	135		
Extension	5		
Ankle			
Dorsiflexion	30		
Plantarflexion	50		
Pronation	30		
Supination	50		
*No Diagrams available			

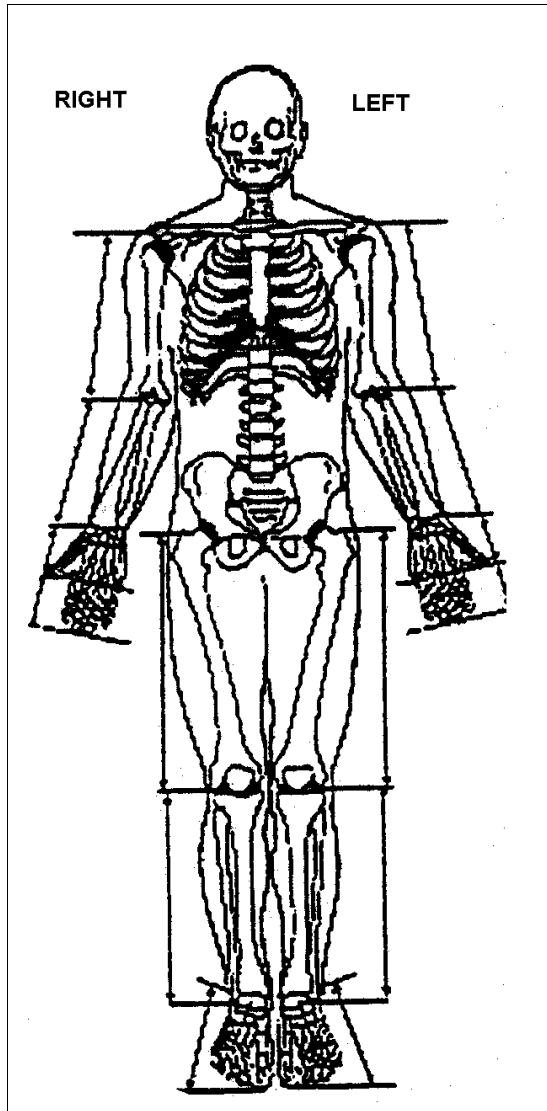


SECTION 7: Amputations

On the diagram below, please fill in the length, in cms of the amputated limb as well as the corresponding part of a limb on the other side. Indicate the limb fraction.

Highlight the amputated limb/s (with highlighter) and draw in particular features.

Leg length discrepancy in cms: _____ (ASIS – med. malleous)



SECTION 8: Standing Height

Standing Height in cms: _____

SECTION 9: Motor Control

If the motor control of the athlete is impaired such that it affects balance or co-ordination (e.g., brain injury, cerebral palsy or stroke) **please read the instructions on the next page.** Fill in the table below as per instructions.

Activity Number	Comments

SECTION 9: Motor Control (cont.)

To assist the classifiers assess the balance and/or co-ordination of the athlete, please video the athlete performing the following tasks (please provide the video in VHS or DVD format):

- g) For athletes who use a wheelchair as their primary means of locomotion, video tasks 1 – 14. If an athlete is able to stand or weight-bear, please include this on video.
- h) For athletes who walk video tasks 3 –8 and 10 – 22.

Write any comments (relating to reported pain, restricted movement, recent injury, footwear, tiredness or any other factors which may affect the execution of these movements) in the space provided on the previous page and use numbers to identify which tasks the comments relate to.

Use your professional judgement and do not ask athletes to attempt any task you feel is unsafe or inappropriate for the athlete, or will cause them undue pain or discomfort (but be sure to record your reasons in the Comments space). Movements that require a warm-up are marked with an asterisk (*).

Video the movement as soon as you believe the person understands the task (ie don't allow the person to practice the movement to improve proficiency). Where possible, keep the whole body in frame at all times (eg use the zoom to keep the person maximum size in the frame as they walk away, but don't use the zoom to focus on their legs). The athlete should wear shorts and t-shirt and whatever footwear they wear in competition, including aids.

General Movement Description	View(s) required	Movement Specifics (amount of footage, speed of movement, location etc.)
1. Pushing wheelchair (including stopping, turn and push back)	Front and Back	10m away, 10m towards, normal locomotion, self select speed.
*2. Rapid Push (no stop and return, the athlete should be at full speed at the 10m line)	Front and Back	As above, above average speed; not as fast as possible but up to 80% max speed
3. Touch each fingertip with thumb (start at index and move to 5 th digit and back again)	Front	Two complete cycles each hand, slow; two complete cycles each hand, fast.
4. Flick fingers one finger at a time		Once for each finger on each hand
5. Rub hands together as if cold	Front	5 at self-selected/comfortable; 5 as fast as possible
6. Touch nose from crucifix position	Front only	Assume crucifix position in wheelchair, eyes straight ahead. Touch nose with one index finger and return to start. Repeat on other side.
7. Full shoulder abduction (from sides to above head)	Front and Side	On backless bench/chair if possible (otherwise sitting forward from backrest); feet on floor, two front view, two side.
8. Holding arms and fingers still	Front	Standing or sitting, hold arms out at shoulder height, fingers extended. Hold arms and fingers as still as possible for 10 seconds.
9. Trunk forward flexion	Side only	On backless bench/chair if possible (otherwise sitting forward from backrest). Hands on shoulders, bending forward to put chest on knees and then return to sitting position.

10. Trunk Lateral Flexion	Front	On backless bench/chair if possible (otherwise sitting forward off backrest). Hands on shoulders, bending left, return to centre, then repeat to right.
11. Alternating elbow flexion/extension	Front and side	Left arm supinated and on left knee, right arm supinated and fully flexed (to right shoulder). Flex left elbow as right is extended, then flex right and extend left (they are now back in the start position). Video 5 slow cycles and 5 fast.
12. Pick up tennis ball from lap and then drop back into lap		two times each hand or until function clearly demonstrated
13. Rotate tennis ball in one hand		Two full revolutions each hand or until function clearly demonstrated
14. Tennis Ball throw	Front and side	This is a throw for maximum distance. Athlete to throw overhand if possible, but if not, whatever technique they are comfortable with. Two throws with preferred hand and two with non-preferred.
15. Walking (including stop and turn around)	Front and back	10m away, 10m towards; normal locomotion, self-select speed.
16. Sit to stand	Front and side	Athlete required to stand in front of standard chair, feet shoulder width apart, sit down until buttocks just touch the surface of the seat and then stand up again (do not sit down fully on the chair – body weight should be borne by the legs at all times).
17. Jog (including stop and turn around)	Front and back	As for 15 but doing easy run at self-selected speed.
18. Shuttle run (including stop and turn around)	Front and back	Running at above average speed to a line 10m away, stopping to bend down and touch the line with left hand and running back; repeat, touching the line with the right hand. Not as fast as possible, but up to 80% max speed. Two times on each side.
19. Stand on one leg	Front and side	15 seconds max; two times each leg
20. Hopping	Front and side	On the spot; 5 – 10 hops each leg. If this is easy, some footage of side-to-side hopping and backwards/forwards hopping would be useful
21. Walk on toes/walk on heels	Front and side	Walk on toes for 5m; walk on heels for 5m
*22. Jog with high knees	Front and side	Jog on spot until the athlete is comfortable doing the exercise, then do 8 – 10 seconds with high knees.

SECTION 10: Additional Video Requirements

To ensure the most accurate assessment possible through the temporary classification process, please include video footage of the athlete performing in their chosen sport or sports. Ensure that the entire range of the activity is captured clearly.

For a sport such as cycling, the classifier needs to see the athlete's pedalling movement, so having the cyclist on a wind-trainer is more helpful than videoing a cyclist around a track.

Swimming Video requirements

Allow the swimmer to walk or wheel to the end of the pool first. Film the following in this order:

1. Swimmer walks or wheels to the end of the pool
2. Perform the actual race start or how the swimmer starts
3. Swim Freestyle – 25m 50% pace, next 25m race pace (as fast as they can manage) with immediately going into a turn, out of the turn, completing approximately 5 or 6 strokes and stop [should be approximately at the backstroke flags].
4. Perform a Face float with arms stretched out in front – in a streamlined position
5. Face float with flutter [freestyle] kick with arms stretched out in front
6. Back float with arms stretched over the head
7. Back float with kick
8. Swimmer demonstrates their Back stroke start
9. Backstroke for at least 25m.
10. Breaststroke for at least 25m. The swimmer should also perform 10m of leg-only breaststroke kick with arms at the side of the body.
11. Butterfly for at least 15m.

If the swimmer cannot swim 25m or has just learned to swim we cannot provide a class. Also if the swimmer cannot perform all strokes just video what the swimmer can achieve.

Jane Buckley, IPC Swimming Classifier

Please return to:

Programs and Development Administration Officer
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 Email: mailbox@sportingwheelies.org.au

For Classifier(s) Use only					
Date	Classifier's Name	Classifier's Signature	Sport	Class(es)	Prov/ Perm