



## **OPTIMAL INSTRUMENT Demographic Information**

1.

# OPTIMAL INSTRUMENT

## Difficulty–Baseline

<b>Instructions:</b> Please circle the level of difficulty you have for each activity today.	<b>Able to do without any difficulty</b>	<b>Able to do with little difficulty</b>	<b>Able to do with moderate difficulty</b>	<b>Able to do with much difficulty</b>	<b>Unable to do</b>	<b>Not applicable</b>
1. Lying flat	1	2	3	4	5	9
2. Rolling over	1	2	3	4	5	9
3. Moving lying to sitting	1	2	3	4	5	9
4. Sitting	1	2	3	4	5	

