### FUNCTION IN SITTING TEST (FIST) RESULTS

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<tr>
<th>FIST Test Item</th>
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- **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**: dominant side, lift foot 1 inch twice

**Pick up object from behind**: object at midline, hands breadth posterior

**Forward reach**: use dominant arm, must complete full motion

**Lateral reach**: use dominant arm, clear 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

**TOTAL** / 56 / 56 / 56

**Administered by**: 

**Notes/comments**: 

**Scoring Key**: 

4 = Independent (completes task independently & successfully) 
3 = Verbal cues/increased time (completes task independently & 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 w/o physical assist; document level: min, mod, max) 
0 = Dependent (requires complete physical assist; unable to complete successfully even w/physical assist)