Pain Management Network

SELF ASSESSMENT

Before you start any new exercise or activity, it is important that you take a moment to assess your own physical ability. This is so you can establish your baseline, and help to set yourself **safe & SMART** goals.

Fill out the table below to take a "snap shot" of where you are at right now.

Activity	Self-Assessment	Any comments?
Walking: How long does it take me to walk 20metres at a comfortable pace?	20m = _____	
Standing up and Sitting down: How many times can you stand up and sit down from a **stable chair** in 2 minutes?	2 mins = _____	I had to use my hands for support? Yes No
Wake up time: I normally get out of bed at this time:	_____ AM / PM	
Going to bed: I normally go to bed at this time:	_____ AM / PM	
Resting during the day: Yesterday I was *lying down* to rest for:	_____ AM / PM	
Resting during the day: Yesterday I was *sitting* to rest for:	_____ AM / PM	
Reaching: How high I can comfortably reach:	☐ Below shoulder height ☐ To shoulder height ☐ Above shoulder height ☐ All the way above my head	
Balance: Of the following activities, **what do I normally & easily manage in my day?**	☐ Standing without holding on to something ☐ Sit-to-stand without using arms ☐ Walking with a walking aide (eg: stick, frame) ☐ Walking without using any aides ☐ Stairs with assistance only ☐ Stairs holding a rail ☐ Stairs no rail ☐ Reaching to the floor and standing up again	

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