

**THE UNIVERSITY OF BRITISH COLUMBIA**  
**Department of Physical Therapy**

**RSPT 518** Fall Session Posture, Movement and Exercise

**Module on Functional Movement**

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Teaching Assistant:

Office Hours:

**I. Module Description**

Analysis of functional movement, including biomechanical analyses (kinematic, kinetics and muscle activity) and common clinical movement assessments.

**II. Major Module Objectives**

On completion of this course, the student will be able to:

1. Describe the biomechanics for common functional tasks (including standing balance, rising from a chair, and reaching) and how these might be affected by injury or disease.
2. Be able to administer selected clinical assessments of movement function (e.g., Functional Reach Test, Berg Balance Scale) and know their appropriate applications.

**III. Method of Instruction**

Lectures and labs, assigned readings

**IV. Methods of Evaluation**

Short answer/problems, Multiple choice questions

**V. Required Reading**

Postural Control

Please download:

1. Powerpoint notes on Postural control
2. Horak FB, Wrisley DM, Frank J. The Balance Evaluation Systems Test (BESTest) to differentiate balance deficits. Phys Ther. 2009 May;89(5):484-98. PMID: 19329772 <http://ptjournal.apta.org/cgi/content/full/89/5/484>
3. E-appendix (page 1-10)  
<http://ptjournal.apta.org/cgi/content/full/89/5/484/DC1>
4. Berg Balance Scale Assessment form
5. ABC Assessment form

Upper Extremity Function

Please download:

1. Powerpoint notes on Upper extremity function
2. McCrea PH, Eng JJ, Hodgson AJ. Biomechanics of reaching: clinical implications for individuals with acquired brain injury. Disabil Rehabil. 2002 Jul 10;24(10):534-41. PMID: 12171643

Mobility

Please download:

1. Powerpoint notes on Mobility
2. Clinical Outcome Variables Scale Assessment Form
3. Functional Independence Measure Assessment Form