


MAT ASSESSMENT

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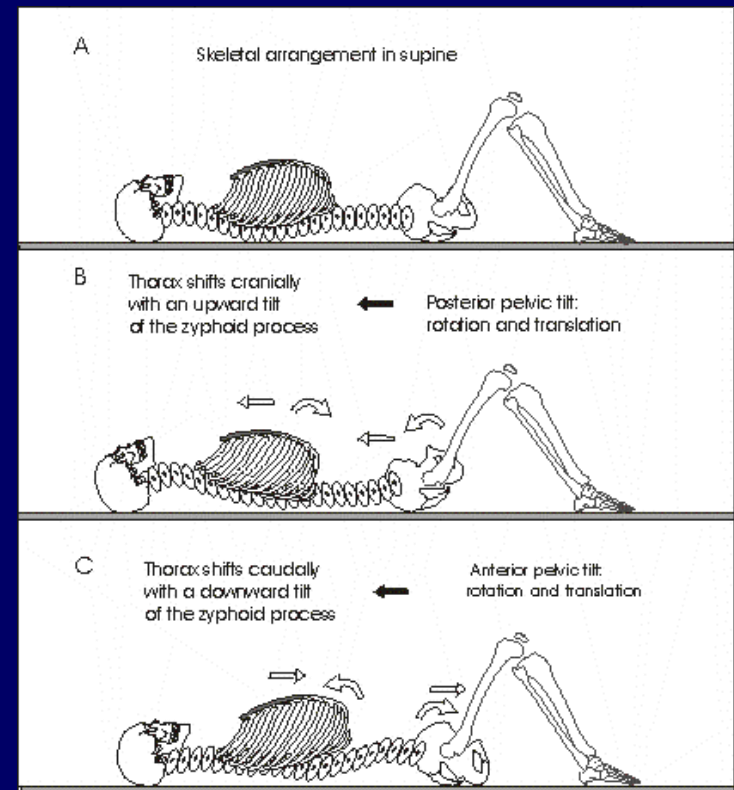


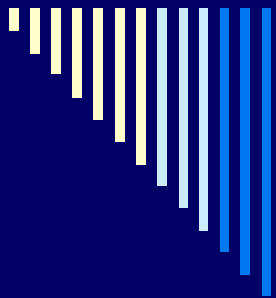
TOOLS

- Tape Measure
- Goniometer
- Angle Finder
- Plinth or Mat
- Supine Evaluation
- Sitting Evaluation

SET-UP – SUPINE EVAL'N

- ❑ Transfer client to plinth
- ❑ Neutralize the pelvis
knees in flexion
- ❑ Straighten the body to
the eye
- ❑ Observe orthopaedic/
neuro'l limitations (video)





PELVIS IN SUPINE

- **Obliquity:**
 - Locate ASIS with fingers – align thumbs
 - Note the side of the obliquity (lower side)
 - Note if fixed, flexible or hard to correct

- **Tilt:**
 - Locate ASIS and PSIS (in sitting - from side)
 - Posterior tilt – ASIS is higher
 - Anterior tilt – PSIS is higher

- **Rotation:**
 - Look for pelvic rotation – note higher side
 - Note if fixed, flexible or hard to correct





SET-UP – SUPINE EVAL'N

- ❑ Transfer client to plinth
- ❑ Neutralize the pelvis – knees in flexion
- ❑ Locate ASIS with thumbs
- ❑ Check rotation in pelvis and trunk
- ❑ Check if flexible, hard to correct or rigid
- ❑ Check for leg length discrepancy
- ❑ Document contractures
- ❑ PROM in the hips ,knees, ankles and UE
- ❑ Check skin integrity

TRUNK IN SUPINE

- Trunk – look at top of shoulders, upper body and head
- Head and Neck : check alignment, resting position, (ie hyperextension or forward flexion, ATNR/STNR)
- Note spinal curvatures
- Inferior angle of the rib cage- note obliquity or rotation
- UE – note contractures, deformities, limitations





LE- SUPINE

- ❑ Check PROM in the hips knees, ankles and UE
- ❑ Hips
 - ❑ Eliminate hamstrings by flexing the knees
 - ❑ Test for hip flexion/extn, ab/adduction, IR/ER
- ❑ Knees
 - ❑ Test for flexion /extension, contractures
 - ❑ Windswept deformities (knees pointing in same direction)
- ❑ Ankles
 - ❑ Shoes off – check to achieve neutral position
 - ❑ Note any limitations in plantar/dorsiflexion, in/eversion deformities
- ❑ Buttocks
 - ❑ While patient is supine roll on side and check skin

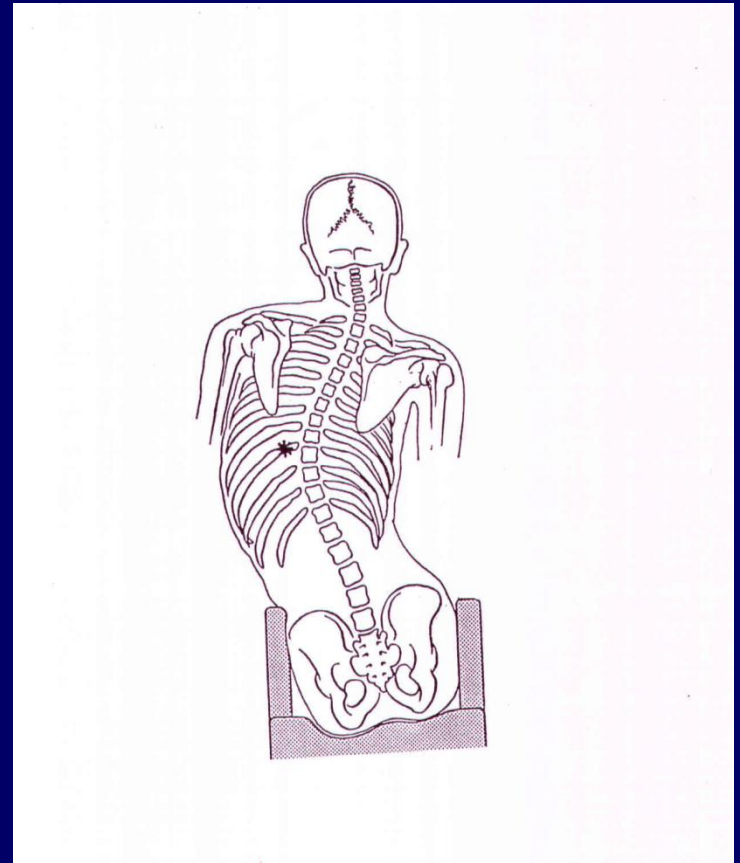
SITTING EVALUATION

- Client sits upright on the mat with feet well supported
- Hips and knees are positioned within clients ROM
- Observe posture and balance
- Support the client as necessary – have props handy (ie. Pillows, another person if necessary) -video



PELVIS

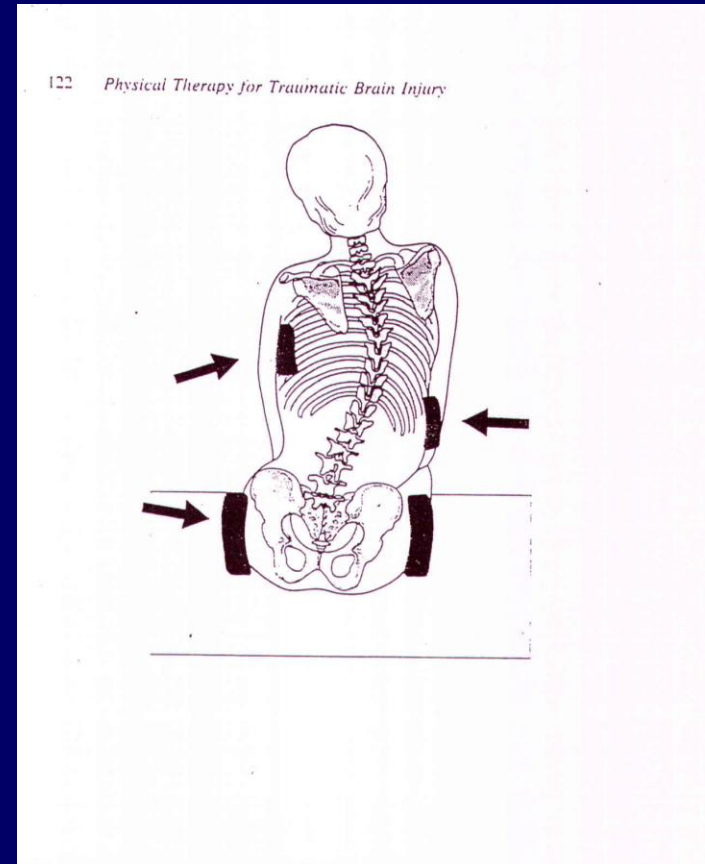
- Obliquity –note side
note if fixed, flexible
or hard to correct
- Tilt – note if neutral,
posterior or anterior
- Rotation – note
higher side
note if fixed, flexible
or hard to correct



TRUNK

Evaluate the effects of gravity on the curves of the spine:

- CERVICAL
- THORACIC
- LUMBAR





TRUNK EVALUATION

□ SPINE :

Kyphosis – location

Scoliosis- apex right/left

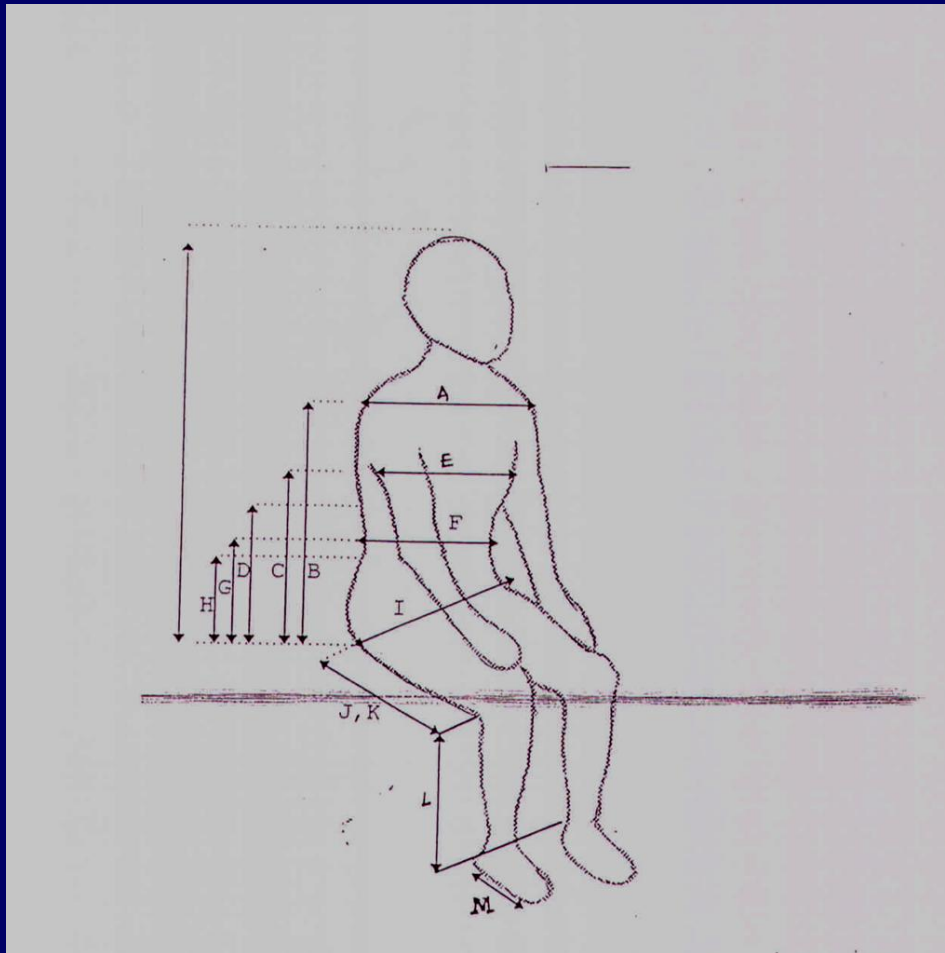
Lordosis – flattened or hyper-lordotic

Combination- kypho-scoliosis

□ RIBCAGE:

Rotated forward right/left

ANATOMICAL MEASUREMENTS





LOWER EXTREMITY

- ❑ HIPS – if lack flexion (will have noted in supine eval. – open hip to back angle)- goniometer.
- ❑ If have hip flexion contracture may need to wedge seat pan.
- ❑ KNEES – if lack flexion, measure w goniometer
- ❑ change hanger angle, seat depth, foot rests, knee blocks
- ❑ ANKLES – determine if need angle adjustable footplates, std footplates or custom solution
- ❑ ROM and MS – if considering foot propulsion

UPPER EXTREMITY

- SHOULDERS – determine ROM and MS if considering propulsion
- ELBOWS – consider placement for flaccid limbs and requirements for UE supports (ie. Arm troughs , lap trays, elbow stops, one arm drive, etc.)
- WRISTS – determine ROM, grip strength, opposition, prehension for manual propulsion or joystick controls on power

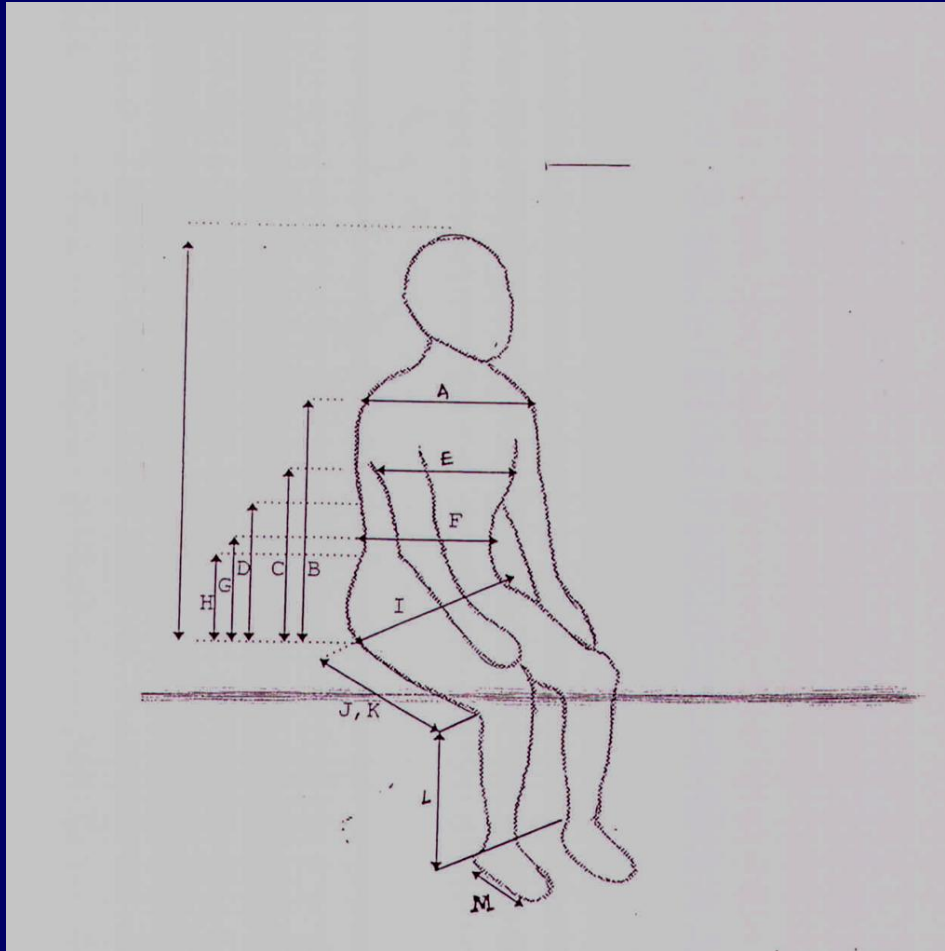


HEAD AND NECK

- Check alignment – what are the effects of gravity on the head placement
- Check cervical ROM – if considering head controls, or sip and puff
- Check for vertigo or signs of perceptual difficulties with head movements
- Note vision and field deficits with change of head position (if considering tilt).



ANATOMICAL MEASUREMENTS





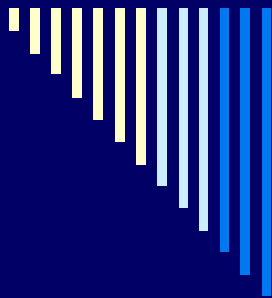
OTHER ASSESSMENTS

- ❑ Sensory Assessment – sensation, hearing, vision,
- ❑ Cognitive Assessment (especially if considering power)
- ❑ Communication – does he/she use AAC device (consider integration)
- ❑ Psycho-social – emotional stability, finances, ability to use in environment
- ❑ Environmental (accessibility to home, work, community)



LAST STEPS

- EQUIPMENT TRIAL
- PRESCRIPTION
- FUNDING JUSTIFICATION
- DISPENSE
- FOLLOW-UP AND MONITORING



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