

FUNCTION IN SITTING TEST (FIST) RESULTS

FIST Test Item ½ femur on surface; hips & knees flexed to 90° ☐ Used step/stool for positioning & foot support		Date:	Date:	Date:
Randomly Administered Once	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)				