

Upper Body: Last week

Assessment of Difficulty

Name: _____ Date: _____

After completing each exercise, determine the level of difficulty by placing a checkmark in the appropriate box.

Upper Body									
Exercises	Can't Do Like Picture 0	Very Hard 1	Hard 2	Somewhat Hard 3	Easy 4	Very Easy 5	Using any modifications, how do you feel as compared to start?		
							Worse	Same	Better
1. "Yes/No" head movements									
2. Chin tuck									
3. Trunk rotation stretch									
4. Ear to shoulder stretch									
5. Elbow pull back									
6. Front arm raise									
7. Side arm raise									
8. Front arm stretch									
9. External rotation									
10. Door frame stretch									