



FUNfitness

at HOME

Athlete and Caregiver Manual

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Overview of FUNfitness at Home

Dear Athlete and Family/Caregiver,

This packet contains an explanation of what you need to do to compete ***FUNfitness at Home***. As you read through the packet, please contact us if you have any questions.

After the initial explanation page, you will see a Virtual Healthy Athletes Disclaimer. Please read through this form before you begin. Call us if you have any questions or do not understand any part of the disclaimer. If you agree to participate in ***FUNfitness at Home***, please check the agreement box on the bottom of the disclaimer with your guardian, and mail OR email the disclaimer back to your Special Olympics Program office before you begin.

The remainder of the manual explains how to perform and record the tests. Your participation is voluntary, so if there is any test that you prefer not to complete, do not do that test. You have several choices about how to do the tests.

1. If you have someone to help you, you can do each test and record the results of the tests on Assessment Instructions. When you are done, transfer your scores to the Results Form. Again, you need to get this form back to the Program office, so they can ask the FUNfitness Clinical Director to review the form. Once the form is reviewed, the Program will set up a time for the Clinical Director or an experienced physical therapy FUNfitness volunteer to talk with you by Zoom or on the telephone about your results and how you can continue to improve your fitness. The person who talks to you will also send you pictures of all exercises or programs discussed with you, and talk to you about easy ways to do these exercises at home.
2. If you would like the guidance of a physical therapist, you can tell your SO Program and they will arrange a video call with you and the therapist. In this case, the therapist will fill out the Results Form for you after you do each test. This therapist will review your results, and give you exercises to improve your fitness. The therapist will also send you pictures of all exercises or programs discussed with you, and talk to you about easy ways to do these exercises at home.

Your Special Olympics Program will check back in with you in 2 months to see how you are doing and if you need another conversation with the FUNfitness volunteer to advance your program or exercises.

We are so excited for you to participate in *FUNfitness at Home*!

INTRODUCTION TO HEALTHY ATHLETES®

Special Olympics Healthy Athletes® offers free health screenings and education to Special Olympics athletes in a welcoming, fun environment. Through participation in a Healthy Athletes® screening, athletes are informed as to their health status and advised of the need for follow-up care. In addition, information collected at the time services are provided has been invaluable for developing policies, securing resources, and implementing programs to better meet the health needs of athletes.

FUNfitness is the physical therapy discipline of Special Olympics Healthy Athletes® that addresses the ongoing health needs of our athletes. FUNfitness provides athletes the opportunity to be screened for flexibility, functional strength, aerobic fitness and balance. During these screenings physical therapists, physical therapist assistants, and physical therapist or physical therapist assistant students work with athletes and coaches to improve optimal function in sports training and competition, prevention of or reduced risk for injury and recommending exercises and other helpful strategies.

FUNfitness at Home allows athletes to receive some of these services without an in-person event. The virtual screening begins with a guided-assessment done at home, with the support of a parent and/or caregiver. Here, an athlete completes a series of fitness challenges that examine their strength, balance and flexibility. Results from these tests are recorded on the Results Form, and delivered to the local Special Olympics Program. The assessment results will then be read, and education, stretches and exercises will be provided in the areas of need. This education will be provided by a trained, FUNfitness Clinical Director via telehealth technology.

PREPARING FOR YOUR GUIDED-ASSESSMENT

The FUNfitness at Home guided-assessment should only take about 25 minutes to complete. There are 8 tests, but some tests are designated only for athletes who use a wheelchair and/or cannot safely walk or stand. Prior to starting the tests, please read the “Guided-Assessment

Instructions” so that you understand how to do the tests, equipment/space needs, and safety considerations. You may choose to complete all tests at once, or gradually complete the assessment over a longer period of time.

General Equipment List:

- 2 sturdy chairs
- Tape measure
- Stopwatch or timer (timer on cellphone is great)
- Mat or pad for floor that does not have a carpet
- Clipboard or book
- Pen or pencil
- Piece of tape (duct tape or masking tape)

Space Needed for Testing:

- 14 foot long x 6 foot wide space
- One side of a wall

Overall Time Needed for Testing: 20-25 minutes

Safety: Please consider these tips for safety prior to testing. These tips for safety of the athlete during testing will assist you to have a safe and enjoyable experience. Specific tips for the different tests can be found in the “Guided-Assessment Instructions”:

- Make sure that the athlete is hydrated before you start testing.
 - Have water available so the athlete can re-hydrate during testing, especially after the sit-up test.
- Stand close to the athlete during all tests, so they feel safe and secure.
 - If the athlete uses a device (cane or walker) during the Timed Up and Go Test, stand to the side with no device.
- Motivate the athlete during each test to do their best.

- Conduct the tests on a floor with no carpet, or carpet with low pile that is securely attached. Conduct the sit-up test on an area with carpet or a mat.
- If the athlete has any concerns with balance, place a belt around the waist so you can lightly hold on for stability and safety during the tests and make sure they are standing next to a counter, the back of the chair, or a wall.
- If using a chair or wheelchair, always position the back of the chair against a wall so that it does not slide during the test.
 - Similarly, always lock a wheelchair before use in any test.
- If the athlete is sitting on a chair for a test, make sure that the entire buttocks is on the chair.
- Make certain that the athlete continues to breathe and does not hold their breath during testing, especially the sit-up and the push-up test.

As always, please do not hesitate to reach out if you have any questions or concerns regarding ***FUNfitness at Home***. We are here to help!



Disclaimer

Special Olympics (Program) Disclaimer- EXTERNAL

The virtual Healthy Athletes programming provided by Special Olympics (Program) is for health education, assessment and exercise purposes. These assessments, education and exercises are designed to help individuals better understand their health status and maintain good health. They are not a substitute for in-person care and should not replace any individual need to seek independent medical advice, assistance or care. Individuals may choose to exit from participation at any time and for any reason.

If you engage in this health education, assessment and exercise program, you agree that you do so at your own risk, are voluntarily participating in these assessments, assume all risk of injury to yourself, and agree to release and discharge Special Olympics (Program) and Special Olympics International from any and all claims or causes of action, known or unknown. In addition, you agree that information on your participation and health status may be collected, stored and shared in a secure format which protects your privacy.

Check the box to confirm that you agree

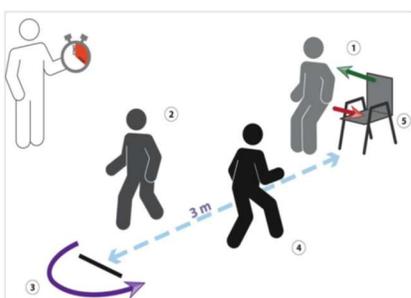


Guided-Assessment Instructions

Please use the following instructions when completing your guided-assessment. It may be helpful to review this guidance prior to the start of your assessment. If you do not have a ruler, we have included one on page 19 for you to use.

*Tests marked with an asterisk are appropriate for athletes who have limited mobility in their lower extremity and/or are wheelchair users.

Timed Up and Go Test



Score:

Time: _____ seconds

Unable to perform test.

What you need for the test:

- Sturdy chair
- Tape measure
- Stopwatch or timer

How to do the test:

- Athlete starts by sitting on the chair (hips all of the way to the back of the seat).
- Place a piece of tape or marker on the floor 10 feet from the chair so that it is easily seen by the athlete.
- Instructions: "On the word GO you will stand up, walk to the line on the floor, turn around and walk back to the chair and sit down. Walk at your regular pace."
- Start timing on the word "GO" and stop timing when the athlete is seated again correctly in the chair with their back resting on the back of the chair.
- The athlete wears their regular footwear, may use any gait aide (cane, walker, etc.) that they normally use when walking, but may not be assisted by another person.

Tips for Safety:

- Position the chair against a wall so it does not move when the athlete does the test.
- Be cautious and close to the athlete when they turn to go back, and when they turn to sit in the chair.

How to record this test:

- Timer starts stopwatch when athlete begins to stand on the word "go."
- Timer continues until athlete sits down again in the chair, or declines to continue.
- Time to complete the stand, walk, turn, walk back, and sit again is recorded in seconds.
- **You are doing great if you finish the test under 14 seconds. Let us know if it takes longer or if you feel unbalanced.**

Timed Sit to Stand Test



Score:

Time: _____ seconds

Unable to perform test.

What you need to do this test:

- Sturdy chair
- Stopwatch or timer

How to do the test:

- Athlete sits tall on the chair. Feet should be flat on the floor with hips and knees at a 90-degree/right angle.
- Athlete positions their arms by their sides, with the elbows bent at a 90-degree/right angle. Arms remain in this position for the entire test.
- Instruct the athlete to, “stand up, then sit down again, **without using your arms**. Repeat this 10 times **as quickly as possible**.”
- Cue the athlete to start, saying “ready, set, go.”

Tips for Safety:

- **Position the chair against a wall so it will not slide.**

How to record the test results:

- Start a stopwatch or timer when the athlete begins.
- Timer continues until the athlete sits down from the 10th stand.
- Record the time to perform the task in seconds.
- **You are doing great if you can do it under 20 seconds. Let us know if it takes longer.**

Modified Chair Sit and Reach



Score:

Distance: _____ inches
*Note positive (+) or negative (-)
inches*

Unable to perform test.

What you need to do this test:

- Sturdy chair
- Tape measure or ruler

How to do the test:

- Have the athlete sit towards the end of the chair
- One leg is bent with the foot flat on the floor.
- The other leg is out in front with knee straight as possible and the heel on the floor.
- Athlete will reach forward with arms, hands overlapped, middle fingers even. Cue: "Make alligator hands."
- Slowly bend forward towards or past your toes. Do not bend your knee.
- When the point is reached where you cannot move any further without bending your knee, measure the distance between your middle fingers and toe.

Tips for Safety:

- Position the chair against the wall so it does not slide.
- Make sure that the athlete's bottom is secure on the edge of the chair so he/she will not slide off. Stand to the side so the athlete feels like they will not fall.

How to record the test results:

- If you are able to touch your big toe, the score is 0.
- If you reach beyond your toe, measure the distance with the ruler or tape measure in centimeters and record it as positive (+).
- If you are not able to reach your big toe, measure the distance between your middle fingers and the great toe of your shoe in centimeters and record it as negative (for example -4 in).
- Repeat on other side.
- **You want to be able to touch your toes or reach beyond with you knee straight to pass this test.**

Apley's Shoulder Scratch Test*



Score:

Left: _____ inches
*Note positive (+) or negative (-)
inches*

Right: _____ inches
*Note positive (+) or negative (-)
inches*

Unable to perform test.

What you need to do this test:

- Tape measure

How to do the test:

- Athlete stands or sits in a chair or wheelchair.
- Athlete reaches one arm behind the head and down the back, while the other arm reaches behind the hip and up the back. Cue: "Scratch your back"
- Determine the side being recorded by arm on top
 - Left arm on top = Left
 - Right arm on top = Right
- Athlete tries to touch the index/"pointer" fingers together.
- The measurement is the distance in inches between the index fingers.
- Repeat on both sides and record on the score sheet.

Tips for Safety:

- Stand close behind the athlete so they feel like you are near if they lose their balance.

How to record the test results:

- Use a tape measure to measure the distance between the ends of the index fingers in **inches**.
- If the fingertips touch, record the distance as 0 cm.
- If the fingertips cannot touch, **record the separation as a negative distance** (for example, -6 inches means index fingertips are 6 inches apart).
- If the fingers overlap, **record the overlap as positive** (for example, +2 inches means the fingertips overlap by 2 inches).
- **You are doing great if your fingers are less than 6 in apart.**

Single Leg Stance: Eyes Open



Score:

Left: _____ seconds

Right: _____ seconds

Unable to perform test.

What you need to do this test:

- Stopwatch or timer
- Chair, counter, table or wall for safety

How to do this test:

- **Athlete should stand next to the chair, counter, table, or wall for safety.** Person timing should stand next to athlete.
- Athlete stands on both legs with feet shoulder width apart. The athlete should **place their hands on their hips.**
- Instruct the athlete to, "Slowly lift one leg and balance. I will time you until you lose your balance."
- When the athlete is ready, cue them to start by saying, "Ready, set now stand on one leg."
- Test continues until the athlete loses balance, or puts their foot down. Test should not continue past 20 seconds.

Tips for Safety:

- Stand to one side of the athlete, and have a chair, counter, table, or wall on the other side so the athlete feels like they are not going to fall.

How to record this test:

- Start a stopwatch or timer when the athlete begins.
- Timer continues until the athlete loses balance, or puts their foot down.
- The time completed before error (up to 20 seconds) is recorded.
- **Let us know if you are not able to hold it for more than 15 seconds!**

Timed Partial Sit-Up



Score:

Time: _____seconds

Unable to perform test.

What you need to do this test:

- Floor with rug or mat
- Stopwatch or timer

How to do the test:

- Athlete lies on the floor on their back.
- If athlete cannot get to floor, test can be done on any firm surface, including a mattress.
- Bend the hips and knees so feet are flat on the floor.
- Put the arms straight out in front.
- Athlete will be instructed to lift their head, then the shoulders and touch their fingers to their knees, then lay back down again until their head touches the floor.
 - Cue: "Be sure to lift your shoulder blades off the floor"
- Demonstrate the test.
- Coach the athlete to begin when you say, "Ready, set, go."
- Goal is to **do as many correct partial sit-ups as possible in 1 minute.**

Tips for Safety:

- Sit by the athlete to encourage and to make sure that they do the test correctly.
- Encourage the athlete to keep breathing during the test. Counting out loud with you is a good way to make sure the athlete keeps breathing.

How to record the test results:

- Start a stopwatch or timer when the athlete begins to lift their head the first time.
- Timer continues until 1 minute goes by **OR** the athlete has completed 25 sit-ups
- The athlete can stop and rest momentarily and begin again if needed during the minute.
- Record the number of partial sit-ups completed in the minute.
- If the athlete cannot continue for 1 minute and stops, record the number of sit-ups completed.
- **You are doing great if you are able to do at least 25 sit ups.**

*Tests marked with an asterisk are appropriate for athletes who have limited mobility in their lower extremity and/or are wheelchair users.

Seated Push-Up*



What you need to do this test:

- Sturdy chair with arms or wheelchair
- Stopwatch or timer

How to do this test:

- Athlete sits in their wheelchair or on a sturdy chair
- Instruct the athlete to push their body up from the seat, until their elbows are straight.
- Athlete tries to hold this position for 20 seconds, then slowly lowers back into the seat.
- When the athlete is ready, cue them to start, saying, "Ready, set, go."

Tips for Safety:

- **Position the wheelchair or chair against a wall** so they will not slide. **Lock the brakes on the wheelchair.**
- Position entire bottom on the edge of the chair.

How to record the test results:

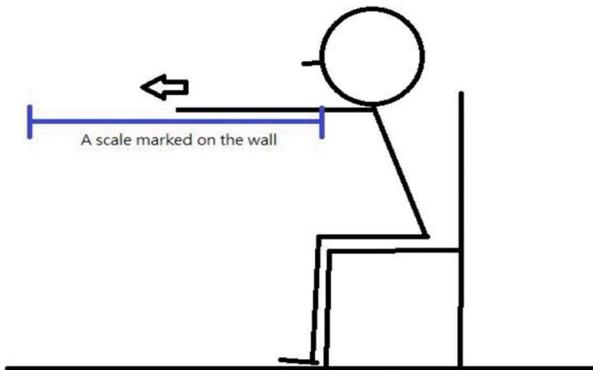
- Start a stopwatch or timer when the athlete begins to lift up. Timer continues until the athlete is no longer able to hold the push-up position and returns to the seat.
- Record the number of seconds held.
- **You want to be able to hold yourself up for at least 10 seconds. Let us know if you can't!**

Score:

Push-Up Hold: _____seconds

Unable to perform test.

Seated Forward Functional Reach*



Score:

Left: _____ inches

Right: _____ inches

Unable to perform test.

What you need for this test:

- Tape measure or yard stick
- Clipboard or book
- Tape to secure tape measure or yard stick to wall

How to do this test:

- Attach a tape measure or meter stick to a wall, horizontal and parallel to the floor, and at the shoulder level of the athlete.
- Athlete sits in chair or wheelchair, with one side of the chair along the wall as close as possible.
- Arms are positioned at the sides. One arm remained in this position for the entire test.
- Athlete is requested to lift the arm closest to the wall where the stick or tape measure is straight ahead, and straighten their fingers.
 - Cue: "reach forward without twisting"
- Put a clipboard or book at the end of the athlete's longest fingertip to record the starting position.
- Instruct the athlete with a "ready, set, reach as far forward as you can without losing your balance."
- Move the clipboard or book as the athlete reaches forward and use the clipboard to record the final position of the longest finger.

Tips for Safety:

- Lock the wheelchair before the test.
- Position a barrier behind the legs of a chair so it will not slide.

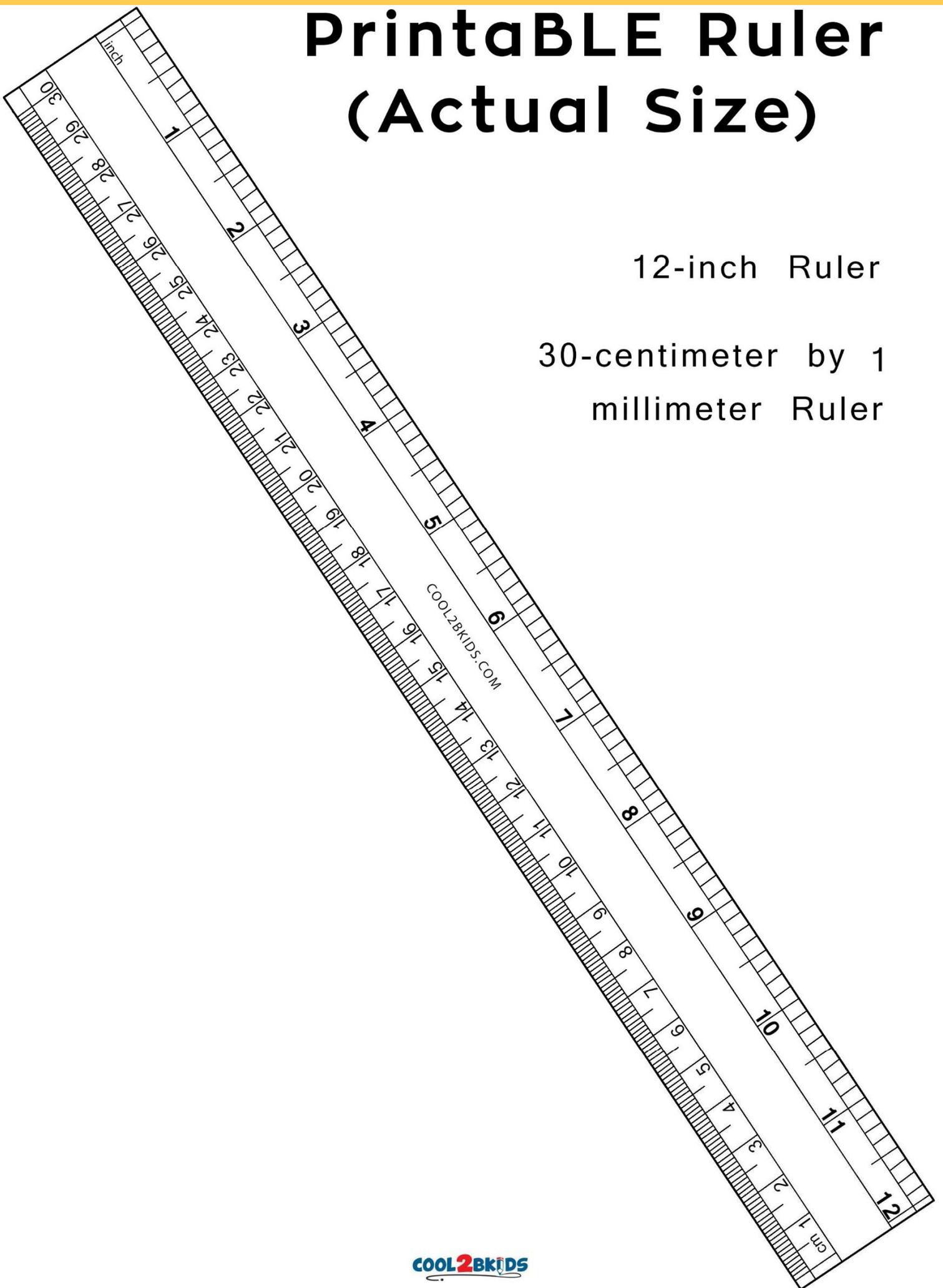
How to record this test:

- Stand at the end of the athlete's fingers.
- Record the starting position with the use of a clipboard/book on the ruler at the end of the longest finger.
- After the athlete bends forward, use the clipboard to record the **inch** measurement at the end of the longest fingertip, as the athlete reaches without a loss of balance.
- Record reach on both sides
- **Athletes may not lean against the wall or the ruler during the test.**
- **It is great if you are able to reach for more than 7.5 in. If you can't, then let us know!**

Printable Ruler (Actual Size)

12-inch Ruler

30-centimeter by 1
millimeter Ruler





Results Form

ATHLETE INFORMATION

First Name	Last Name	Date
<input type="checkbox"/> Male <input type="checkbox"/> Female	DOB	Age (years)
<input type="checkbox"/> Athlete <input type="checkbox"/> Unified Partner	Special Olympics Program	Sport

Assistive Devices
<p>Uses Wheelchair <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Uses Assistive Device <input type="checkbox"/> Yes <input type="checkbox"/> No (for example, a walker, cane, crutch)</p> <p style="padding-left: 40px;">Type of Device:</p> <p>Wears Splint or Brace <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p style="padding-left: 40px;">Type of Brace: <input type="checkbox"/> Hand/Wrist <input type="checkbox"/> Elbow <input type="checkbox"/> Shoulder <input type="checkbox"/> Neck <input type="checkbox"/> Back <input type="checkbox"/> Knee <input type="checkbox"/> Ankle</p>
Diseases or Injuries that may affect Screening Results
<p><i>Please check all that apply:</i></p> <p><input type="checkbox"/> Problems with heart</p> <p><input type="checkbox"/> Problems with circulation</p> <p><input type="checkbox"/> Skin problems</p> <p><input type="checkbox"/> Pain: <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, where do you have pain? (check all that apply)</p> <p style="padding-left: 40px;"><input type="checkbox"/> Foot or Ankle <input type="checkbox"/> Knee <input type="checkbox"/> Hand or Wrist <input type="checkbox"/> Elbow <input type="checkbox"/> Shoulder <input type="checkbox"/> Head <input type="checkbox"/> Back <input type="checkbox"/> Neck</p> <p><input type="checkbox"/> Joint Injury: <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, what part of your body? (check all that apply)</p> <p style="padding-left: 40px;"><input type="checkbox"/> Foot or Ankle <input type="checkbox"/> Knee <input type="checkbox"/> Hand or Wrist <input type="checkbox"/> Elbow <input type="checkbox"/> Shoulder <input type="checkbox"/> Head <input type="checkbox"/> Back <input type="checkbox"/> Neck</p> <p><input type="checkbox"/> Muscle Injury: <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, what part of your body? (check all that apply)</p> <p style="padding-left: 40px;"><input type="checkbox"/> Back or Pelvis <input type="checkbox"/> Foot <input type="checkbox"/> Leg <input type="checkbox"/> Hand <input type="checkbox"/> Arm <input type="checkbox"/> Shoulder or Scapula <input type="checkbox"/> Neck</p>

NONE OF THE ABOVE

Have you fallen in your home in the past year when not competing in your sport?

Yes No

SCREENING QUESTIONS

Flexibility

How often do you stretch?

- Several times each day
- Once each day
- Occasionally, but not every day
- No regular stretching

Strength

On average, how many days a week do you do physical activities for muscle strength?

(physical activities for muscle strength include lifting weights, using elastic bands, push-ups or sit-ups)

- No days 1 day 2 days 3 days 4 days 5 days 6 days Every day

Aerobic Fitness

On average, how many days a week do you do some physical activity?

- No days 1 day 2 days 3 days 4 days 5 days 6 days Every day

On average, how many days a week is your physical activity at a moderate level?

(Moderate means working hard enough to make your heart beat faster and possibly being to sweat.)

Examples: fast walk swimming, bicycling.)

- No days 1 day 2 days 3 days 4 days 5 days 6 days Every day

If you have no regular physical activity program, please tell us why:

- No available exercise space or equipment
- No outside area to exercise
- No money
- No interest
- No fitness person to help me
- Not safe
- Physically Unable
- No one to exercise with
- No equipment or clothes

TEST RESULTS

Timed Up and Go Test

Time to perform test: _____ seconds

- Unable to perform test.
Why were you unable:

Timed Sit to Stand

Time to perform 10 sit to stands: _____ seconds

- Unable to perform test.
Why were you unable:

Modified Chair Sit and Reach

Distance: _____ inches
Note positive (+) or negative (-) inches

- Unable to perform test.
Why were you unable:

Apley's Shoulder Scratch Test*:

Left: _____ inches Right: _____ inches
Note positive (+) or negative (-) inches

- Unable to perform test.
Why were you unable:

Single Leg Stance

Left: _____ seconds Right: _____ seconds

- Unable to perform test.
Why were you unable:

Timed Partial Sit-Up

Time to perform 25 sit-ups: _____ seconds

- Unable to perform test.
Why were you unable:

*Tests marked with an asterisk are only for athletes who have limited mobility in their lower extremity and/or are wheelchair users.

Seated Forward Functional Reach Test*

Left: _____ inches

Right: _____ inches

Unable to perform test.

Why were you unable:

Seated Push-Up Test*

Push-Up Hold: _____ seconds

Unable to perform test.

Why were you unable:



Next Steps for Improvement

Congratulations on completing the FUNfitness at Home screening! We want to let you know what you can expect now.

You will need to send the results to your Special Olympic Program so they can review the results and help coordinate a session with a FUNfitness physical therapy volunteer if that is indicated by the results.

Based on how you did, your Special Olympics Program will either:

- 1) Get in touch and give you information about SO programs that can help you continue to work on your skills in fitness or:
- 2) Help coordinate a time for you to meet with a FUNfitness physical therapy volunteer to review your results and teach some exercises to help improve some areas of fitness.

In the meantime, please complete this survey to let us know about your experience with FUNfitness at Home: [Online Healthy Athletes - Satisfaction Survey](#).

At any time, please let the Program know if you are interested in talking with a FUNfitness physical therapy volunteer to answer any questions. The Program can help coordinate a time.

Athlete Fitness Scorecard

What I Need to Improve:

- Flexibility
- Strength
- Balance
- Aerobic Endurance

- Referral to a Physical Therapist Recommended

- Referral to a Doctor or Other Health Professional Recommended

Reason:

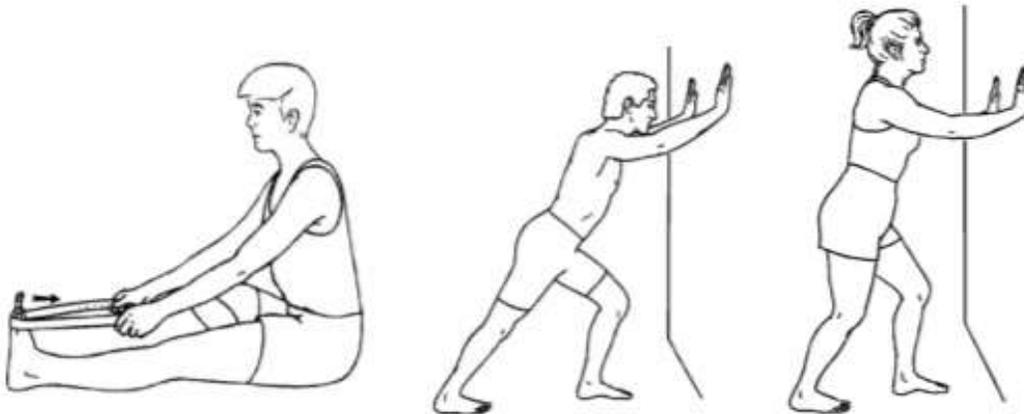
Hamstring Stretch



Repeat ___ times on:
_____ Left side
_____ Right side

Count to _____ for each stretch

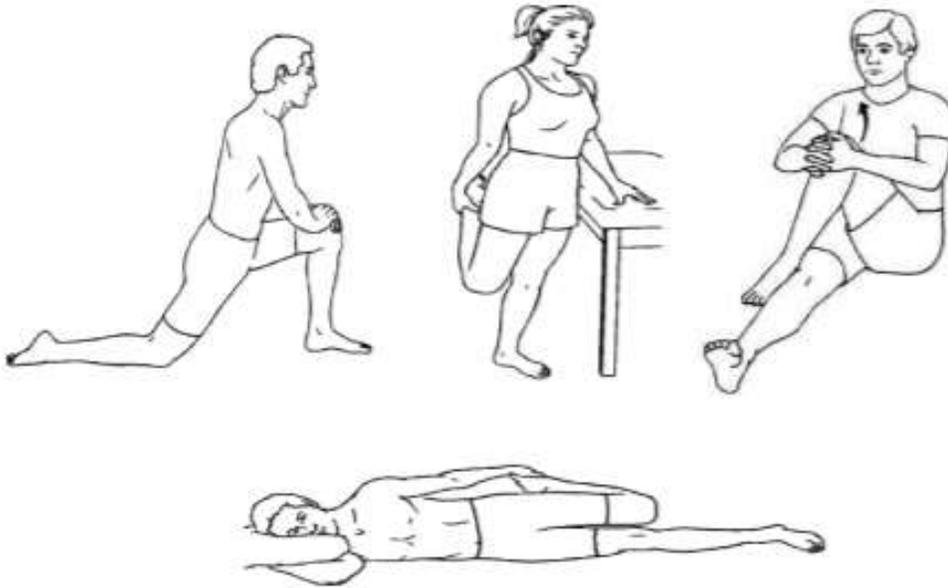
Calf Stretch



Repeat ___ times on:
_____ Left side
_____ Right side

Count to _____ for each stretch

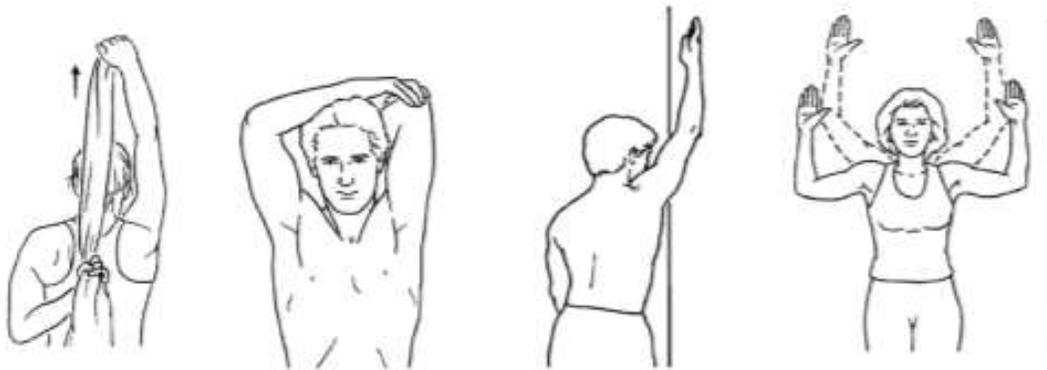
Hip Stretch (Anterior Hip)



Repeat ___ times on:
____ Left side
____ Right side

Count to ____ for each stretch

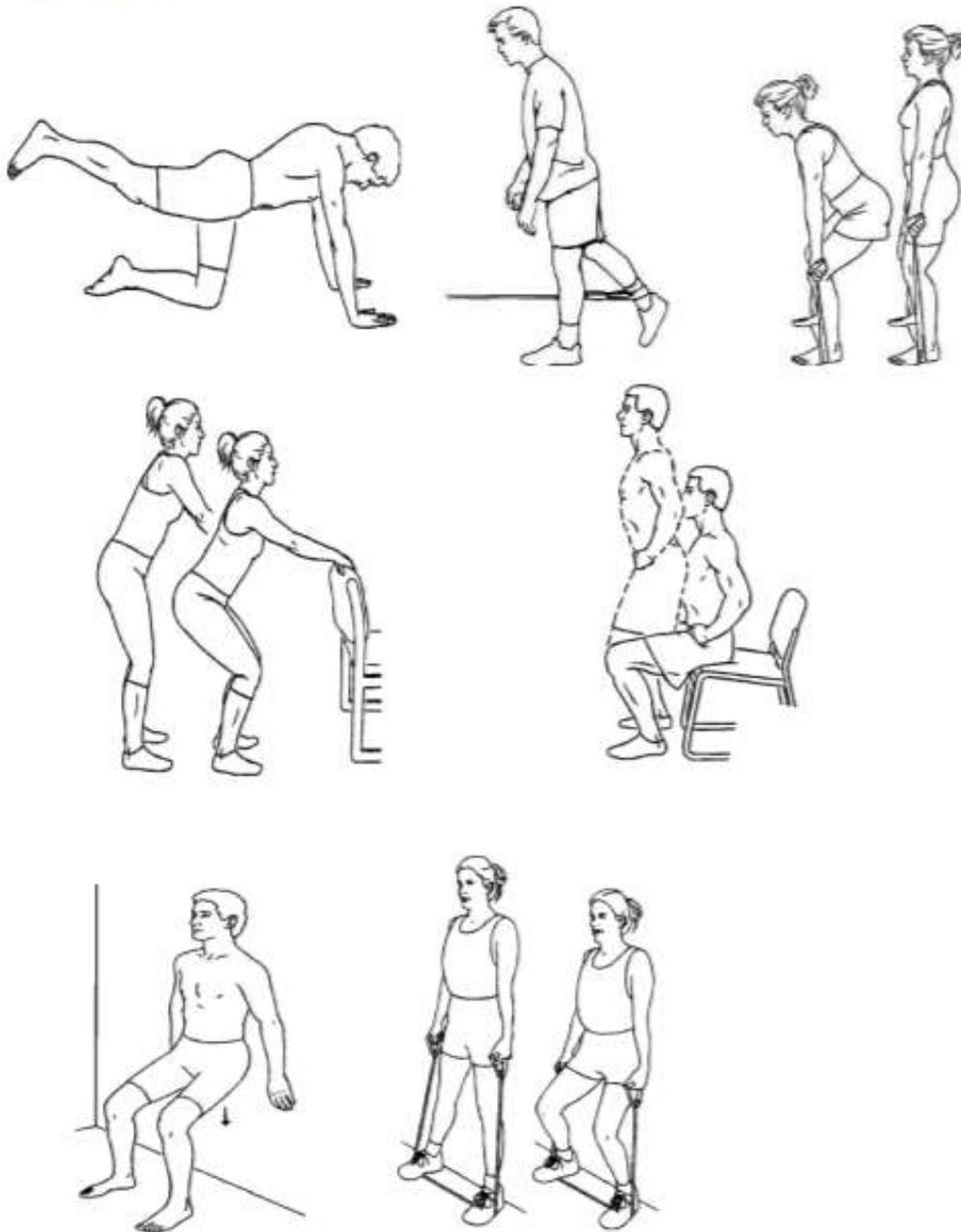
Shoulder Stretch



Repeat ___ times on:
____ Left side
____ Right side

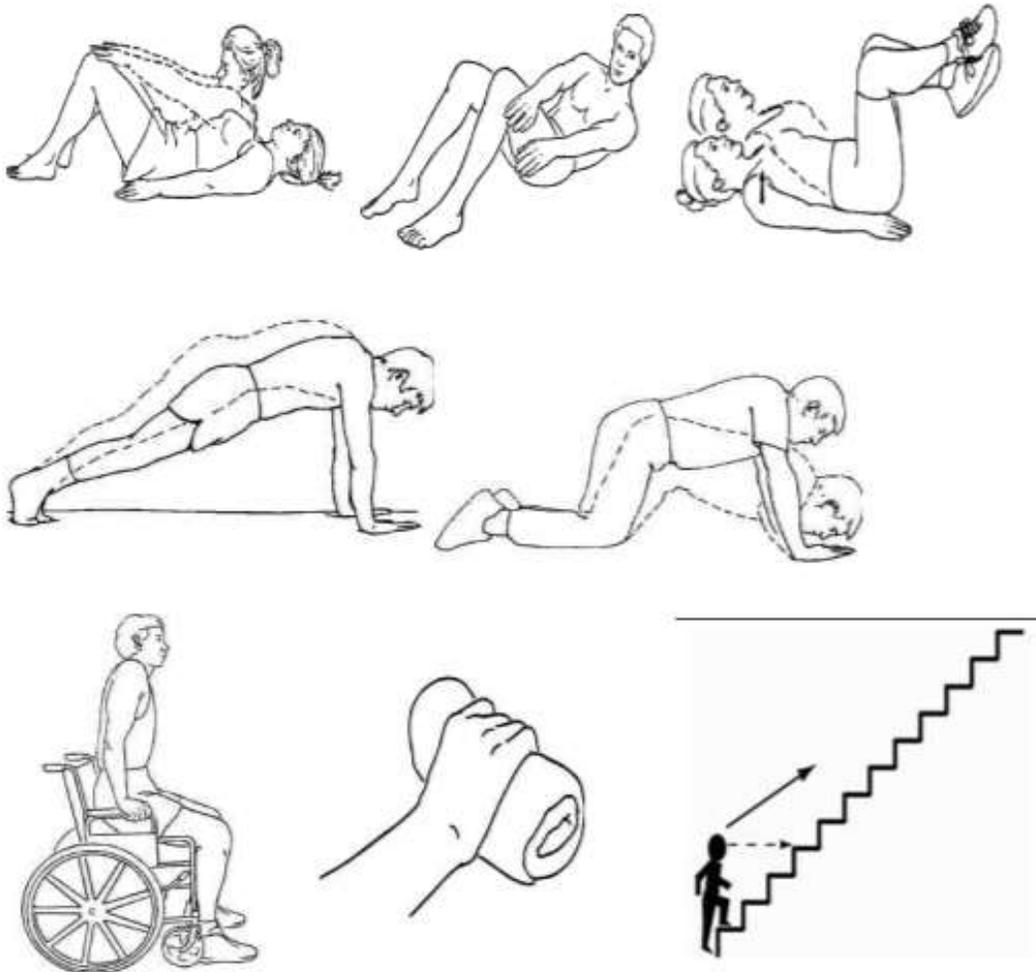
Count to ____ for each stretch

Strengthening:



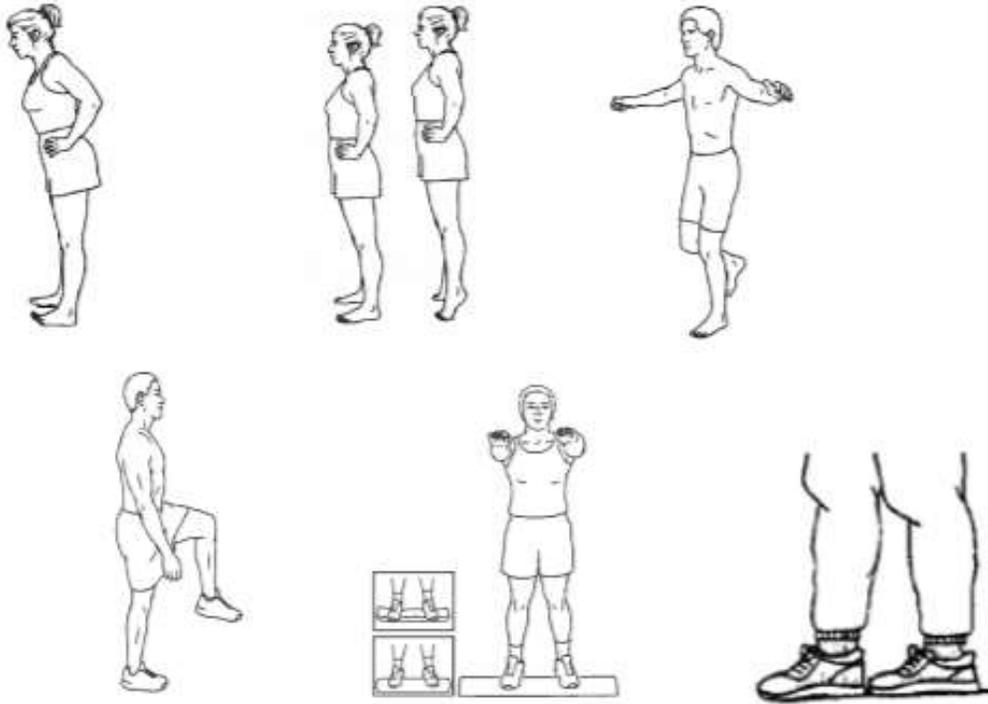
Repeat __times EACH DAY

Strengthening:



Repeat times EACH DAY

Balance:



AEROBIC Fitness – 30-60 minutes at least 4 days each week



Walk

Hike

Bicycle

Dance

Wheel Jog

What else do YOU CHOOSE to improve your fitness: _____