**GAS EXAMPLES:**

**UPPER EXTREMITY:**

CASE 1:

* 9 year-old boy
* Right-sided unilateral spastic, MACS 2
* Difficulty picking up a cup from the table
* Specifically: cylinder (e.g. cup) that is 20 centimeters away
* Task: active grasp with affected hand
* GAS:
	+ **Domain: Active Function: grasping**
	+ **Goal: decrease difficulty in picking up a cup**

|  |  |
| --- | --- |
| + 2 | Grabs a cylinder of 10 cm or more  |
| + 1 | Grabs the cylinder having a diameter of >7 to <10 cm |
| 0 | Grabs the cylinder having a diameter of 6 to 7 cm |
| - 1 | Grabs the cylinder having a diameter of from >4 to <6 cm |
| - 2 | Grabs the cylinder with a diameter of up to 4 cm |

Comments: This goal is directly related to the task of picking up a cup of a specific size.

CASE 2:

* 9 year-old boy
* Right-sided unilateral spastic, MACS 2
* Difficulty picking up a glass with the affected hand from the countertop and moving it to the table without spilling
* Task: independence with grasping and moving an item
* GAS:
	+ **Domain: Active Function: Use unaffected arm more in daily activities**
	+ **Goal: Independence with transporting cup**

|  |  |
| --- | --- |
| + 2 | Grabs and moves a full glass of juice, without spilling |
| + 1 | Grabs and moves 3/4 cup of juice, without spilling |
| 0 | Grabs and moves half a glass of juice, without spilling |
| - 1 | Grabs and moves half a glass of juice, spills the juice |
| - 2 | When gripping and moving helps with the other hand |

Comment: These examples are not smart defined goals. An alternative would have been specific milliliters of fluid with discrete continuous categories (i.e. 40 to 60 mls, >60 mls to 80 mls etc.), specifying using the right hand only, etc.

CASE 3:

* 12 year-old girl
* Left-sided unilateral spastic, MACS 4
* Difficulty for caregiver to put child’s shirt on due to elbow flexion as rated by the parent using a VAS (i.e. Likert scale)
* Task: Improve ease of dressing the child
* GAS:
	+ **Domain: Passive Function: dressing by caregiver**
	+ **Goal: Decrease level of difficulty with dressing**

|  |  |
| --- | --- |
| + 2 | Parent rates difficulty of dressing 0 (no difficulty)  |
| + 1 | Parent rates difficulty of dressing between 3-1 |
| 0 | Parent rates difficulty of dressing between 6-4 |
| - 1 | Parent rates difficulty of dressing between 8-7 |
| - 2 | Parent rates difficulty of dressing between 9-10 |

Comments: These examples are not a smart defined goals. An alternative would have been that the procedure is timed or adding that the number of hands that is needed for dressing is noted.

CASE 4:

* 16 year-old boy
* Right-sided unilateral spastic, MACS 2
* Difficulty for child to extend his elbow (maximum extension 110 degrees) to reach and press a light switch
* Task: Improve reach by improving active elbow extension
* GAS:
	+ **Domain: Active: reaching**
	+ **Goal: Improve AROM of elbow extension during reach**

|  |  |
| --- | --- |
| + 2 | Active elbow extension is >169 |
| + 1 | Active elbow extension is >149 to 169 |
| 0 | Active elbow extension is >124 to 149 |
| - 1 | Active elbow extension is >100 to 124 |
| - 2 | Active elbow extension is less than 100 |

Comment: This is a smart defined goal, though the rating is not considering failure of success for reaching and pressing a light switch.

CASE 5:

* 13 year-old female
* Right-sided unilateral spastic hemi MACS 2
* Difficulty tolerating wrist splint
* Task: Increase tolerance of wrist splint
* **GAS:**
	+ **Domain: Passive function and/or Pain**
	+ **Goal: Tolerating orthotics**

|  |  |
| --- | --- |
| + 2 | Wears splint for >8 hours a day |
| + 1 | Wears splint for >6 to 8 hours a day |
| 0 | Wears splint for >4 to 6 hours a day |
| - 1 | Wears splint 2 to 4 hours a day |
| - 2 | Wears splint for less than 2 hours per day. |

**LOWER EXTREMITY:**

CASE 1:

* A 9 year-old male with has difficulties participating in activities with his friends at the playground because of his limited walking speed. He walks with 40% speed of that of his typical peers. A sprint training program is developed and evaluated according to the following scheme. It is estimated that 80% of the speed of typical peers would permit joining his peers on the playground.
* Right-sided unilateral spastic CP GMFCS II, MACS II
* Reduced walking speed preventing activities & participation
* Task: Increase walking speed
* **GAS:**
	+ **Domain: Active function**
	+ **Goal: Increasing walking speed**

|  |  |
| --- | --- |
| + 2 | The 1 minute walking test is greater than 80% of typical peers |
| + 1 | The 1 minute walking test is >60% to 80% of typical peers |
| 0 | The 1 minute walking test is >40% to 60% of typical peers |
| - 1 | The 1 minute walking test is 40% of typical peers |
| - 2 | The 1 minute walking test is less than 40% of typical peers |

CASE 2:

* A 14 year-old boy is unable to walk longer than 20 minutes, whereas his family likes to make walking tours of 1.5 hours. A training program was setup to increase the walking duration.
* Bilateral spastic CP GMFCS II, MACS II
* Reduced walking duration preventing activities & participation
* Task: Increase walking duration
* **GAS:**
	+ **Domain: Active function**
	+ **Goal: Increasing walking duration**

|  |  |
| --- | --- |
| + 2 | Walking duration is greater than 1 hour |
| + 1 | Walking duration is >45 minutes to 1 hour |
| 0 | Walking duration is >20 to 45 minutes |
| - 1 | Walking duration is 20 minutes |
| - 2 | Walking duration is less than 20 minutes |