



Blog

Join the Newsletter

\$ Patient Online Bill Pay

About TPI

Start your own practice

Enhance Your Practice

FOT0 Outcomes

Testimonials

Clinic Locator

Contact Us

FOT0: Focused Functional Activity

[Home](#) [FOT0: Focused Functional Activity](#)

03 JUL 15

0 comments

FOT0: Focused Functional Activity



Focused Functional Activity



Tip of the Day

By using the FOT0 patient reports and reviewing both the intake and status reports it gives the clinician insight into patient progress towards functional goals. If nothing else, by looking at the reports the clinician should come away with the thought of early training on functional activities. This gives the patient more time to practice functional activities, it should increase the accuracy of the patient's perceived functional abilities, and make it more likely that the status reports reflect the patients actual functional status. It can also reduce fear around doing functional activities, thus lowering the fear scores.

But, does the patient know that the exercises and functional training you are having them perform is tied to their functional goals? If a patient wants to return to lifting, let's say grand kids, are they told that the exercises or functional activity training is related to lifting their grand kids? Along with the training, patients should be reminded why you are having them do specific exercises and activities. This focused training and communication with the patient should lead to the achievement of their

personal functional goals. The improvement will more likely be captured in the FOT0 status to giving the clinician and the patient an objective measure of functional change.

If you are struggling with capture of functional progress, TPI can help your practice improve in your use of FOT0. Contact us at www.therapypartners.com

– Craig

Want to ask a question?

Send it over >



[Leave a reply](#) →

Posted in [FOTO](#), [Tips](#) Posted by [Craig Johnson](#)

0 Comments **Therapy Partners**

Login ▾

Recommend **Share**

Sort by Best ▾

Be the first to comment.

ALSO ON THERAPY PARTNERS

WHAT'S THIS?

What Students Really Want

1 comment • 2 months ago

So What's the FUTURE of Independent Therapy Practices?

1 comment • 2 months ago

[Subscribe](#) [Add Disqus to your site](#) [Privacy](#)

Patient Outcomes

See how TPI helps you provide patients the outcomes they deserve.

Find a TPI Near You

Search for one of our TPI clinics and make an appointment.

Online Bill Pay

For our patients looking to pay their bill online [click here](#)

[Therapy Partners](#)

[Latest Posts](#)



[Services](#)

Helping Physical Therapy practices grow their businesses.

7551 9th St N, Suite 100
Oakdale MN 55128
(651) 748-4338
info@therapypartners.com

FOT0: Focused Functional Activity
33 minutes ago

June 2015: TPI's News From 'Around The Net'
about 16 hours ago

Delivering Value INSIDE Your Therapy Practice ...
. And Taking Advantage of It on the OUTSIDE:
Connecting the Opportunity Dots
2 days ago

- For ACO Health Plans
- Health Insurance Coverage
- Consulting & CE
- Leadership Edge Program
- Meet Our Experts
- Request a Speaker