**Normal Task Analysis: Identify key elements that are needed for each stage.**

**Be specific to the:**

* **body part**
* **mm fiber types (how it acts- Type 2, Type 1, sustained)**
* **type of contraction (ecc, con, iso)**
* **condition (open chain, closed chain)**
* **approximate ranges of motion of critical joints (i.e. if those ranges are NOT present, compensated movement will occur)**
* **Be systematic work form the head to toes or toes to head.**
* **Don’t list non-critical elements (i.e. in sit-stand the UE shouldn’t even be listed!)**
* **Systems as needed (i.e. somatosensation in feet)**

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| --- | --- | --- | --- | --- |
| **TASK** | **INITIAL CONDITIONS**  **IC** | **INITIATION**  **I** | **EXECUTION**  **E** | **TERMINATION**  **“WHAT DOES DONE LOOK LIKE”** |
|  |  |  |  |  |

There is not a right answer to these questions. This is practice in problem solving the information and improving your skills at THINKING about movement and what the reference point is.