

OPTIMAL Mapping to ICF Codes

OPTIMAL items	ICF: Activities and Participation
1. Lying flat	Change & Maintaining body position
2. Rolling over	Change & Maintaining body position
3. Moving – lying to sitting	Change & Maintaining body position
4. Sitting	Change & Maintaining body position
5. Squatting	Change & Maintaining body position
6. Bending / Stooping	Change & Maintaining body position
7. Balancing	Change & Maintaining body position or Walking and Moving
8. Kneeling	Change & Maintaining body position
9. Standing	Change & Maintaining body position
10. Walking – short distance	Walking and Moving
11. Walking – long distance	Walking and Moving
12. Walking – outdoors	Walking and Moving
13. Climbing stairs	Walking and Moving
14. Hopping	Walking and Moving
15. Jumping	Walking and Moving
16. Running	Walking and Moving
17. Pushing	Carrying moving & handling objects
18. Pulling	Carrying moving & handling objects
19. Reaching	Carrying moving & handling objects
20. Grasping	Carrying moving & handling objects
21. Lifting	Carrying moving & handling objects
22. Carrying	Carrying moving & handling objects

Copyright © 2012 American Physical Therapy Association. All rights reserved.