**PROACT-SCIPr-UK® Physical Intervention Assessment Record (A)**

**Participant Name: .......................................................................... Date: ...............................**

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| **Stance** – PWP 2 | **√** | **Comments** |
| Ensure feet are between ‘hip and shoulder’ width apart. |  |  |
| Hands by your side. |  |  |
| Keep knees slightly flexed (not locked). |  |  |
| Maintain an adequate base of support. |  |  |
| Broaden the base and lower the centre of gravity if more stability is required. |  |  |
| Keep centre of gravity centred over the base of support. |  |  |
| If you need mobility, raise the centre of gravity and turn feet in direction of movement to move away. |  |  |
| Health & Safety. |  |  |
| **Pass / Refer** |  |  |

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| **One Arm Release** – KS 4 (Restrictive Component) | **√** | **Comments** |
| Stabilise by using your free hand to grasp the individual’s forearm palms down thumb underneath. |  |  |
| Ensuring you keep your back straight and in alignment adopt a Protective Stance with your front foot under the point contact. |  |  |
| Assess the communicative function of this behaviour. |  |  |
| If a release is required make a fist. |  |  |
| Twist your arm so that the narrow part is adjacent to the gap between the fingers and thumb. |  |  |
| Move lower body weight forward whilst keeping your back straight. This will splint upper arm to body, keep head away. |  |  |
| Using a whole body movement move backwards bringing your arm out through the gap and in towards your abdomen. Step and slide as with Protective Stance. |  |  |
| Assess what next. |  |  |
| Health & Safety. |  |  |
| **Pass / Refer** |  |  |

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| **Front Hairpull Stabilisation / Release with Assistance** – PS 1  (Restrictive Component) | **√** | **Comments** |
| **How Stage One - Stabilise / Attempted Release**  Stabilise by placing both of your hands one on top of the other on to the individual’s hand. |  |  |
| Bring your elbows together to protect your face and neck. |  |  |
| Broaden Stance, take one step back and lower your centre of gravity keeping your back straight. |  |  |
| If the individual brings their other arm towards you to potentially hit you, block by grasping the individual’s forearm with one of your arms, with your hand in a palms down position. Ensure good body alignment. |  |  |
| Straighten your arm to keep a safe distance between you. |  |  |
| If necessary move with the individual. |  |  |
| Call for assistance. |  |  |
| **How Stage Two - Release with Assistance**  The Assistant approaches the individual from slightly behind (about a 45 degree angle) and assumes the Touch Support position. |  |  |
| Let the Lead Person know by touching their hand. |  |  |
| Lead Person can then stabilise with both hands. |  |  |
| The Assistant covers the individual’s eyes by taking their hand off the individual’s shoulder blade and bringing their hand over the individual’s head to cover the eyes keeping hand open and fingers and thumbs together. If this is ineffective use other distraction techniques. |  |  |
| Health and Safety / Aftercare. |  |  |
| **Pass / Refer** |  |  |

**Instructor Name:…………………………………… Signature: …………………………………...**