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

**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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| **Front Arm Catch** – KS 3 (Restrictive Component) | **√** | **Comments** |
| From a Stance position, as the person approaches you grasp their forearms ‘palms down ‘ thumb underneath’ in a ‘binocular’ type position. |  |  |
| Absorb the individual’s forward momentum by going back into a Protective Stance whilst maintaining alignment. Keep knees bent and centre of gravity low. |  |  |
| Cross your own forearms this will in turn result in the individual’s forearms also crossed. Keep your arms straight and elbows locked. |  |  |
| Assess what next. |  |  |
| Either move away or move into another intervention, e.g. Touch Support. |  |  |
| Health & Safety / Aftercare. |  |  |
| **Pass / Refer** |  |  |

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| **Two Person Escort – A Moving Intervention** – RPS 4 (Restrictive) | **√** | **Comments** |
| From the One Person Escort Position the Lead Person will signal that they need support. |  |  |
| The Support Person will then mirror the position of the Lead (i.e. gradient through Touch Support into a One Person Escort). |  |  |
| At this point the Lead Person will signal behind the individual to indicate the change of the front hands to an underhand grasp. |  |  |
| At the same time the Lead Person will indicate that the individual’s forearms must be lowered towards their waist to alleviate pressure on the breathing centre. |  |  |
| Beware of joints. |  |  |
| Maintain ‘Hip to hip’ shoulder to shoulder’ contact. |  |  |
| Lead Person to monitor Health and Safety – BBANC |  |  |
| Lead Person to indicate when they should move. |  |  |
| Lead Person to indicate gradient out. |  |  |
| Change front hands back to palms down position. |  |  |
| Support to gradient out through Touch Support and move away but remain in vicinity. |  |  |
| As individual calms further Lead Person to gradient out through Touch Support. |  |  |
| Health and Safety / Aftercare. |  |  |
| **Pass / Refer** |  |  |

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