**PROACT-SCIPr-UK® Physical Intervention Assessment Record**

**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** |  |  |

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