**Physical Intervention Assessment Record – Person Specific**

**Participant Name: Date:**

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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** |  |

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| **Back Hairpull Stabilisation / Release with Assistance** – PS 2  (Restrictive Component) | **√** | **Comments** |
| **Stage One - Stabilise / Attempted Release**  Stabilise by placing both of your hands one on top of the other ‘palms down’ onto the individual’s hand. |  |  |
| Check the location of the individual’s thumb and adjust your base of support by moving the front foot opposite to the thumb slightly forward and to the side diagonal. |  |
| Move one foot slightly forward, transferring weight onto front foot lower centre of gravity this may gain a release. |  |
| If release occurs move away. |  |
| If this does not cause a release move to the side. |  |
| Ensure Protective Stance with your nearest foot against the individual’s but slightly in front with hip-to-hip contact. |  |
| Ensure good body alignment, and close body contact. |  |
| If the individual brings their other arm towards you, block by grasping the individual’s forearm in a palms down position. |  |
| Straighten your arm to keep a safe distance between you. |  |
| If necessary move with the individual. |  |
| Call for assistance. |  |
| **Stage Two - Release with Assistance**  The Assistant approaches the individual from the side 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 thumb together. If this is ineffective use other distraction techniques. |  |
| Health and Safety / Aftercare. |  |
| **Pass / Refer** |  |

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| **Front Choke Release** – PS 3 (Restrictive Component) | **√** | **Comments** |
| From a Stance position grasp the individual’s forearm’s palms down thumb underneath. |  |  |
| Keeping your elbows tucked in move the individual’s arms up and down in a piston like movement to release the grasp. |  |
| Once released step back into a Protective Stance cross the individual’s forearms as for Front Arm Catch. |  |
| Assess what next. |  |
| Health and Safety / Aftercare. |  |
| **Pass / Refer** |  |

**PROACT-SCIPr-UK® Instructor Signature:**  ………………………………………………………

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**Physical Intervention Assessment Record – Person Specific**

**Participant Name: Date:**

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| **Front Choke Windmill Release** – PS 4 | **√** | **Comments** |
| Raise one arm up straight, as close to your ear as possible, with an open palm. |  |  |
| Turn opposite foot in the direction you are going to move, keeping the heel in contact with the floor to maintain stability. |  |
| In a windmill action, turn 360° into the direction of the foot and step round, bringing your arm down as you turn to gain a release. |  |
| Ensure you face the individual, ending in a Protective Stance/ Stance position, facing the individual AT A DISTANCE. |  |
| Assess what next and move away. |  |
| Health and Safety / Aftercare. |  |
| **Pass / Refer** |  |

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| **Back Choke Release** – PS 5 | **√** | **Comments** |
| Raise arm straight as close to your ear as possible with an open palm. |  |  |
| Step forward with your opposite foot this may gain a release. |  |
| If unsuccessful turn 180° into raised arm to gain a release. |  |
| Gradually bring your arm down and round until it is by your side as you turn to face the individual. |  |
| Move back to increase distance between you and the individual. |  |
| Ensure you finish facing the individual in a Stance / Protective Stance position. |  |
| Assess what next. |  |
| Health and Safety / Aftercare. |  |
| **Pass / Refer** |  |

**PROACT-SCIPr-UK® Instructor Signature:**

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