

## MODAPTS® Practitioner Course

### Key Concepts by Module

<b>Module 2 Key Concepts</b>	
<b>Concept</b>	<b>Definition</b>
Movement Class	The movement class is depicted by the finger-hand-arm-shoulder trunk system. Movement of one of these body parts is a required part of performing terminal activities.
Pairing	Movement and terminal activities always occur in pairs! For example, a move to get may appear as a M4G3 when written as a MODAPTS® code. In this example, the movement is the M4 and the terminal activity is the G3.
Finger Movement (M1)	A finger movement is performed by any finger, hinged at the knuckle. The usual distance of movement is approximately 1". A finger movement takes one (1) MOD to complete and is coded as a M1.
Hand Movement (M2)	A hand movement is performed by either hand, hinged at the wrist. The usual distance of movement is approximately 2". A hand movement takes two (2) MODS to complete and is coded as a M2.
Forearm Movement (M3)	A forearm movement is performed by either forearm, hinged at the elbow. The usual distance of movement is approximately 6". A forearm movement takes three (3) MODS to complete and is coded as a M3.
Whole Arm Movement (M4)	A whole arm movement is performed with a full arm forward and displacement of the elbow. The usual distance of movement is approximately 12". A whole arm movement takes four (4) MODS to complete and is coded as a M4.
Extended Arm Movement (M5)	An extended arm movement is performed with a full arm forward and movement of the shoulder. The usual distance of movement is approximately 18". An extended arm movement takes five (5) MODS to complete and is coded as a M5.
Trunk Movement (M7)	A trunk movement is performed with the arms and body trunk. The usual distance of movement is approximately 30". A trunk movement takes seven (7) MODS to complete and is coded as a M7.