

1

Grade	1 ISSUE Boxes	Scoring
	Record - Location of Issue	Full Grade Off
	Record - Motion That Increases The Issue	Full Grade Off
	Record - %	Full Grade Off

2

Grade	2 Awareness of Issue	Scoring
	Each Line of Step #2 is recorded. (i.e. Intensity, Touch, ROM, Speed)	+/- Grade Off Each Time

3

Grade	3 TESTING Column	Scoring
	Record - Bad Side & Different % for Each FAB 5 Exercise	Full Grade Off
	Tips: Always record a difference - Left side vs. Right Side No two test can have the same %. <u>Think to Yourself:</u> Which side do you dislike more? If you had to push into end range for 2 hours which would you not choose.	

4

Grade	4 RANK Column	Scoring
	Record & Rank %'s in the correct order. (Greatest % = 1, Least % = 5)	+/- Grade Off

5

Grade	5 RE-TEST Column	Scoring
	a) Record - Put Check Mark for #1 Ranked FAB 5 Exercise	+/- Grade Off
	b) Record - Transfer FAB 5% to Start of 1st Big Fat Column Transfer Issue % to Start of 2nd Big Fat Column	Full Grade Off
	c) Record - When moving to next FAB 5 Exercise Retest next FAB 5 Exercise and record if it has increased, Decreased, or is Equal to when you initially tested it. Put the appropriate arrow sign or = sign.	Full Grade Off

6

Grade	6 Treatment - Reminders (Review How-To Forms)*	Scoring
	a) Starting Data Points are correct & in the correct location	Full Grade Off
	b) <u>Issue</u> Ending % transferred to next exercise correctly	Full Grade Off
	c) The # of Data Points in Re-CK FAB 5 Column = the # of Data Points in the Re-CK Issue Column (Big Fat Columns)	Full Grade Off
	d) At least 3 different data points are used to make a decision.	Full Grade Off

Grade	6 Treatment - Analyze the Issue Data - (Review How-To Forms)	Scoring
	If <u>Issue</u> Data is Decreasing - Continue as is.	Full Grade Off Each Time

Grade	6 Treatment	Re-Ck FAB 5 Ex Column	Re=Ck Issue Column
	If Issue Data Plateaus - Change a Variable. First, Change the Duration or # of Reps (i.e. 2 x 30 instead of 2 x 20 - you can also decrease duration or reps if fatiguing simply do a higher volume such as 4 x 10 sec), SECOND, when that stops working do Chunking. LASTLY, If that stops working THEN AND ONLY THEN move to next FAB 5 Exercise	Full Grade Off Each Time 50 - 35 - 10 ^{2x30} \uparrow 0 ^{2x30} \uparrow 0 ^{CH} \uparrow 0	70 - 55 - 55 - 25 - 25 - 0

Grade	6 Treatment	Side	%	Rank	Re-Ck FAB 5 Ex Column	Re=Ck Issue Column
	If Issue Data is Increasing - Change Bad side, then if side change didn't work go to next exercise. Record as seen to the right.	R	50 grade	2 Off	40-20-10 \downarrow data not needed	50-65-70 \downarrow 48-35

7

Grade	7 Re-Check Awareness of Issue	Scoring
	For Each Issue % data point in Step 6 there must be a B, W or U (Better, Worse, Unchanged) that cooresponds to it in each of the Step 7 Columns.	Full Grade Off

FAB 5 Instructions & Quiz Grading Sheet

- Everyone starts with an A+, and points are taken off as shown below.
- Grading Examples
Full Grade Off = A+ to B+
+/- Grade Off = B+ to B
- Keep a Running Grade as you continue down the form. For example:
A+
A+
A
Final Grade = _____

- ### Data Analysis Rules
1. Always let the Data Tell you exactly what to do, if uncertain, do another set until what needs to be done is shown in the data
 2. **Three Data Points** Needed to create a trend and to make a Decision.
 3. **If Issue is decreasing** – Continue as Is (unless you want to speed the process up, then do #4)
 4. **If Issue plateaus** – Change a variable. Increase reps, duration, do chunking, chunking in parts (advanced variable changes are add rotation, extreme end range)
 5. **If Issue Data shows pattern of increasing** – Change sides of the FAB 5 exercise.