

Posture and Postural Ability Scale (PPAS)

Name: _____

GMFCS Level: I II III IV V

STANDING

Equipment/Support: _____

Postural Ability		
	Level 1	Unplaceable in an aligned posture
	Level 2	Placeable in an aligned posture but needs support
	Level 3	Able to maintain position when placed but cannot move
	Level 4	Able to initiate flexion/extension of trunk
	Level 5	Able to transfer weight laterally and regain posture
	Level 6	Able to move out of position
	Level 7	Able to move into and out of position

Quality of Posture		
View	0/1	Comment
Frontal		
Head midline		
Trunk symmetrical		
Pelvis neutral		
Legs separated & straight relative to pelvis		
Arms resting by side		
Weight evenly distributed		
FRONTAL SUBTOTAL		
Sagittal		
Head midline		
Trunk in neutral position		
Pelvis neutral		
Legs straight, hips/knees extended		
Feet mid-position/flat on floor		
Weight evenly distributed		
SAGITTAL SUBTOTAL		
QUALITY TOTAL		

Source: Rodby-Bousquet, E., Ágústsson, A., Jónsdóttir, G., Czuba, T., Johansson, A. C., & Hägglund, G. (2014). [Interrater reliability and construct validity of the Posture and Postural Ability Scale in adults with cerebral palsy in supine, prone, sitting and standing positions](#). *Clinical rehabilitation*, 28(1), 82-90.

Note that this is not an official PPAS form. This form was created by www.ApplyEBP.com | applyebp@gmail.com

Posture and Postural Ability Scale (PPAS)

Name: _____

GMFCS Level: I II III IV V

SITTING

Equipment/Support: _____

Postural Ability		
	Level 1	Unplaceable in an aligned posture
	Level 2	Placeable in an aligned posture but needs support
	Level 3	Able to maintain position when placed but cannot move
	Level 4	Able to initiate flexion/extension of trunk
	Level 5	Able to transfer weight laterally and regain posture
	Level 6	Able to move out of position
	Level 7	Able to move into and out of position

Quality of Posture		
View	0/1	Comment
Frontal		
Head midline		
Trunk symmetrical		
Pelvis neutral		
Legs separated & straight relative to pelvis		
Arms resting by side		
Weight evenly distributed		
FRONTAL SUBTOTAL		
Sagittal		
Head midline		
Trunk in neutral position		
Pelvis neutral		
Hips mid-position (90°)		
Knees mid-position (90°)		
Feet mid-position/flat on floor		
SAGITTAL SUBTOTAL		
QUALITY TOTAL		

Source: Rodby-Bousquet, E., Ágústsson, A., Jónsdóttir, G., Czuba, T., Johansson, A. C., & Hägglund, G. (2014). [Interrater reliability and construct validity of the Posture and Postural Ability Scale in adults with cerebral palsy in supine, prone, sitting and standing positions](#). *Clinical rehabilitation*, 28(1), 82-90.

Note that this is not an official PPAS form. This form was created by www.ApplyEBP.com | applyebp@gmail.com

Posture and Postural Ability Scale (PPAS)

Name: _____

GMFCS Level: I II III IV V

SUPINE

Equipment/Support: _____

Postural Ability		
	Level 1	Unplaceable in an aligned posture
	Level 2	Placeable in an aligned posture but needs support
	Level 3	Able to maintain position when placed but cannot move
	Level 4	Able to initiate flexion/extension of trunk
	Level 5	Able to transfer weight laterally and regain posture
	Level 6	Able to move out of position
	Level 7	Able to move into and out of position

Quality of Posture		
View	0/1	Comment
Frontal		
Head midline		
Trunk symmetrical		
Pelvis neutral		
Legs separated & straight relative to pelvis		
Arms resting by side		
Weight evenly distributed		
FRONTAL SUBTOTAL		
Sagittal		
Head midline		
Trunk in neutral position		
Pelvis neutral		
Legs straight, hips/knees extended		
Feet resting in normal position		
Weight evenly distributed		
SAGITTAL SUBTOTAL		
QUALITY TOTAL		

Source: Rodby-Bousquet, E., Ágústsson, A., Jónsdóttir, G., Czuba, T., Johansson, A. C., & Hägglund, G. (2014). [Interrater reliability and construct validity of the Posture and Postural Ability Scale in adults with cerebral palsy in supine, prone, sitting and standing positions](#). *Clinical rehabilitation*, 28(1), 82-90.

Note that this is not an official PPAS form. This form was created by www.ApplyEBP.com | applyebp@gmail.com

Posture and Postural Ability Scale (PPAS)

Name: _____

GMFCS Level: I II III IV V

PRONE

Equipment/Support: _____

Postural Ability		
	Level 1	Unplaceable in an aligned posture
	Level 2	Placeable in an aligned posture but needs support
	Level 3	Able to maintain position when placed but cannot move
	Level 4	Able to initiate flexion/extension of trunk
	Level 5	Able to transfer weight laterally and regain posture
	Level 6	Able to move out of position
	Level 7	Able to move into and out of position

Quality of Posture		
View	0/1	Comment
Frontal		
Head to one side		
Trunk symmetrical		
Pelvis neutral		
Legs separated & straight relative to pelvis		
Arms resting (elevated, mid-position)		
Weight evenly distributed		
FRONTAL SUBTOTAL		
Sagittal		
Trunk in neutral position		
Pelvis neutral		
Hips extended		
Knees extended		
Arms resting (elevated, mid-position)		
Weight evenly distributed		
SAGITTAL SUBTOTAL		
QUALITY TOTAL		

Source: Rodby-Bousquet, E., Ágústsson, A., Jónsdóttir, G., Czuba, T., Johansson, A. C., & Hägglund, G. (2014). [Interrater reliability and construct validity of the Posture and Postural Ability Scale in adults with cerebral palsy in supine, prone, sitting and standing positions](#). Clinical rehabilitation, 28(1), 82-90.

Note that this is not an official PPAS form. This form was created by www.ApplyEBP.com | applyebp@gmail.com