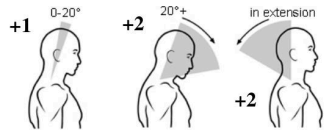


Rapid Entire Body Assessment (REBA)

Patient name: _____ Age: _____ Medical history: _____ Medical professional in-charge: _____

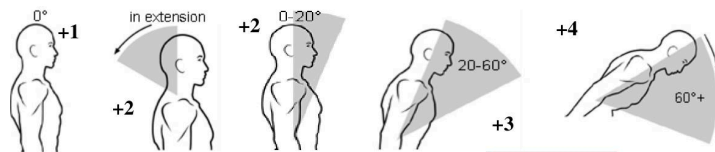
A. Neck, trunk, and leg analysis

Step 1: Locate neck position



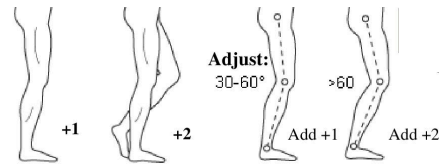
Step 1a: Adjust...
If neck is twisted: +1
If neck is side bending: +1

Step 2: Locate trunk position



Step 2a: Adjust...
If trunk is twisted: +1
If trunk is side bending: +1

Step 3: Legs



Step 4: Look-up posture score in Table A

Using values from steps 1-3 above, locate score in Table A.

Step 5: Add force/load score

If load < 11 lbs : +0
If load 11 to 22 lbs : +1
If load > 22 lbs : +2
Adjust: If shock or rapid build up of force: add +1

Step 6: Score A, find row in Table C

Add values from steps 4 & 5 to obtain score A.
Find row in Table C.

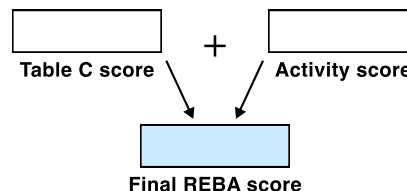
Scoring:
1 = negligible risk
2 or 3 = low risk, change may be needed
4 to 7 = medium risk, further investigation, change soon
8 to 10 = high risk, investigate and implement change
11+ = very high risk, implement change

SCORES

Table A		Neck											
		1				2				3			
Trunk posture score	Legs												
	1	1	2	3	4	1	2	3	4	1	2	3	4
	2	2	3	4	5	3	4	5	6	4	5	6	7
	3	2	4	5	6	4	5	6	7	5	6	7	8
	4	3	5	6	7	5	6	7	8	6	7	8	9
	5	4	6	7	8	6	7	8	9	7	8	9	9

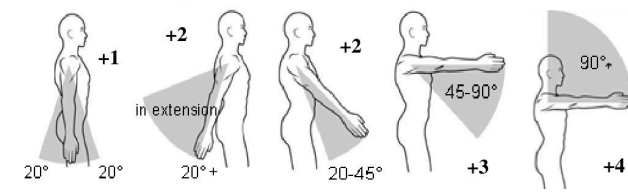
Table B		Lower arm					
		1			2		
Upper arm score	Wrist						
	1	1	2	2	1	2	3
	2	1	2	3	2	3	4
	3	3	4	5	4	5	5
	4	4	5	5	5	6	7
	5	6	7	8	7	8	8
	6	7	8	8	8	9	9

Score A (score from Table A + load/force score)	Table C												
	Score B, (Table B value + coupling score)												
1	1	1	1	2	3	3	4	5	6	7	7	7	7
2	1	2	2	3	4	4	5	6	6	7	7	8	8
3	2	3	3	3	4	5	6	7	7	8	8	8	8
4	3	4	4	4	5	6	7	8	8	9	9	9	9
5	4	4	4	5	6	7	8	8	9	9	9	9	9
6	6	6	6	7	8	8	9	9	10	10	10	10	10
7	7	7	7	8	9	9	9	10	10	10	11	11	11
8	8	8	8	9	10	10	10	10	10	11	11	11	11
9	9	9	9	10	10	10	11	11	11	11	12	12	12
10	10	10	10	11	11	11	11	12	12	12	12	12	12
11	11	11	11	11	12	12	12	12	12	12	12	12	12
12	12	12	12	12	12	12	12	12	12	12	12	12	12



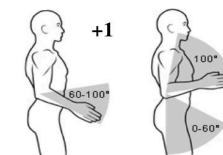
B. Arm and wrist analysis

Step 7: Locate upper arm position

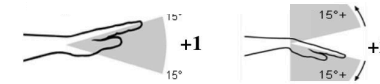


Step 7a: Adjust...
If shoulder is raised: +1
If upper arm is abducted: +1
If arm is supported or person is leaning: -1

Step 8: Locate lower arm position



Step 9: Locate wrist position



Step 9a: Adjust...
If wrist is bent from midline or twisted : Add +1

Step 10: Look up posture score in Table B

Using values from steps 7-9 above, locate score in Table B

Step 11: Add coupling score

- Well fitting Handle and mid rang power grip, good: +0
- Acceptable but not ideal hand hold or coupling acceptable with another body part, fair: +1
- Hand hold not acceptable but possible, poor: +2
- No handles, awkward, unsafe with any body part, unacceptable: +3

Step 12: Score B, find column in Table C

Add values from steps 10 & 11 to obtain score B.
Find column in Table C and match with score A in row from step 6 to obtain Table C score.

Step 13: Activity score

- +1 1 or more body parts are held for longer than 1 minute (static)
- +1 Repeated small range actions (more than 4x per minute)
- +1 Action causes rapid large range changes in postures or unstable base