This test is performed to assess functional recovery and guide exercise prescription in the ICU.

**Equipment**
- chair
- bed
- stopwatch
- calculator

**PROCEDURES**
1. Sit to stand
2. Step cadence
3. Should flexion strength
4. MMT knee extension strength
5. Upper Limb Endurance
6. Scoring

**SCORES**

<table>
<thead>
<tr>
<th>PFIT Score</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>5</th>
<th>TOTAL</th>
<th>Total PFIT Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lower limb strength (grade)*</td>
<td>S, 1 or 2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kneen strength (grade)*</td>
<td>S, 1 or 2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sit to Stand Assistance</td>
<td>Unable</td>
<td>Assist x1</td>
<td>Assist x2</td>
<td>No Assist</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cadence (steps/min)</td>
<td>&lt;30</td>
<td>31-60</td>
<td>61-90</td>
<td>&gt;90</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**OUTCOMES**
"A higher admission PFIT-s score was predictive of: increased likelihood of discharge home, reduced likelihood of discharge to inpatient rehabilitation, and reduced acute care hospital length of stay."

**Conclusion**
"PFIT is predictive of several important patient parameters related to function." -Deheny

"The PFIT-s can be used to improve clinicians’ and researchers’ ability to measure the effectiveness of selected treatments and to objectively compare the functional physical capacity of patients across their ICU stay." - Deheny

PFIT should not be used as a stand alone measure. Not all ICU patients will be able to perform the entire test (i.e. a severely ill cardiopulmonary ICU patient) and more specific test may need to be utilized to account for patient diversity.