

SOCKS RUBRIC

Client's Name:

Therapist:

Date:

List any adaptive equipment used when donning/doffing socks:

Putting on Socks	4	3	2	1	Total
Holds sock with thumbs inside top of sock and fingers on outside of sock	Independent	Verbal cues needed	Physical prompts required	Physical assistance required	
Pulls sock over toes	Independent	Verbal cues needed	Physical prompts required	Physical assistance required	
Pulls sock over heel	Independent	Verbal cues needed	Physical prompts required	Physical assistance required	
Pulls sock above ankle	Independent	Verbal cues needed	Physical prompts required	Physical assistance required	
TOTAL SCORE OUT OF 16 POINTS					

Taking Socks Off	4	3	2	1	Total
Puts thumbs inside top of sock and fingers on outside of sock	Independent	Verbal cues needed	Physical prompts required	Physical assistance required	
Pushes sock down to ankle	Independent	Verbal cues needed	Physical prompts required	Physical assistance required	
Pushes sock over heel	Independent	Verbal cues needed	Physical prompts required	Physical assistance required	
Pushes sock over toes and off of foot	Independent	Verbal cues needed	Physical prompts required	Physical assistance required	
TOTAL SCORE OUT OF 16 POINTS					

For the complete download, Dressing Skills Rubrics, visit www.YourTherapySource.com/rubricsdressing