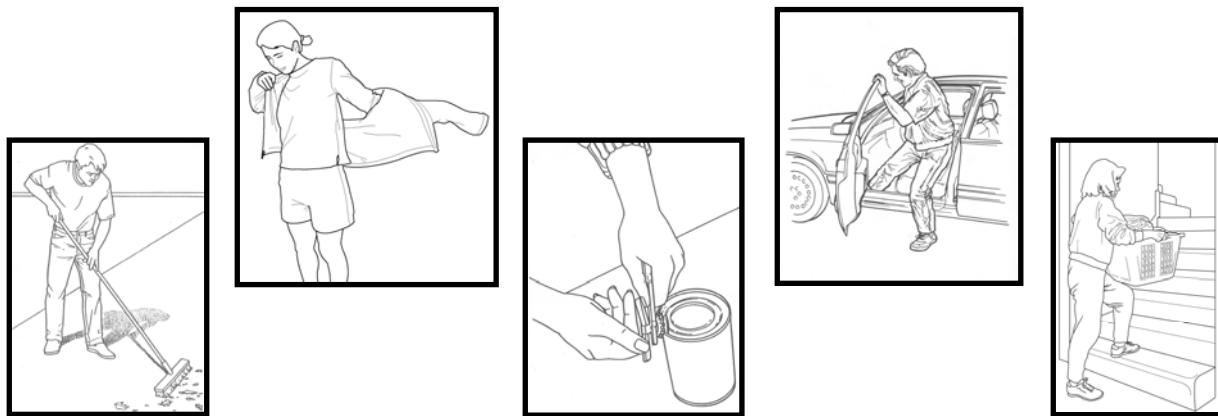


# Multidimensional Task Ability Profile

## Functional Objective Measurement

Limitations in physical function resulting from injury, illness, or disease may affect a person's ability to be independent. When these limitations are appropriately identified and treated, participation and quality of life can be significantly improved.

The *Multidimensional Task Ability Profile* (MTAP) is a computer-administered patient reported outcome measure designed to assess physical function. The MTAP identifies specific functional limitations and the general effect of functional limitations on a person's ability to work, provide self-care in activities of daily living (ADLs), and participate in other home and community activities. The MTAP assesses a wide range of ADLs, from self care, to cooking and light housekeeping, to heavy home maintenance and lawn and garden tasks.



For the injured worker, the MTAP matches a person's abilities to the job demands of the specific work categories defined by the US Department of Labor. These categories, the Physical Demand Characteristics (PDC) of work, are shown below.

Physical Demand Level	Occasional 0-33% of the workday	Frequent 34%-66% of the workday	Constant 67%-100% of the workday	Typical Energy Required
Sedentary	10 lbs.	Negligible	Negligible	1.5 - 2.1 METS
Light	20 lbs.	10 lbs.	Negligible	2.2 - 3.5 METS
Medium	20 to 50 lbs.	10 to 25 lbs.	10 lbs.	3.6 - 6.3 METS
Heavy	50 to 100 lbs.	25 to 50 lbs.	10 to 20 lbs.	6.4 - 7.5 METS
Very Heavy	Over 100 lbs.	Over 50 lbs.	Over 20 lbs.	Over 7.5 METS

The MTAP also monitors treatment progress and outcomes. When the MTAP is administered on a serial basis as part of a treatment program, changes in status of physical function can be identified and measured, and the effect of treatment confirmed.