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## SPECIFIC

## MEASURABLE

## ACHIEVABLE

## RELEVANT

## TIME LIMITED

Detailed/precise to the situation at hand.

Clearly/simplely stated.

A clinical goal aligned with a discharge criteria.

Significant to the patients outcome.

Posture, active/passive, etc...



As objective a metric as is possible.

Repeatable, reproducible.

Minimize using “observed” and “patient reported”.

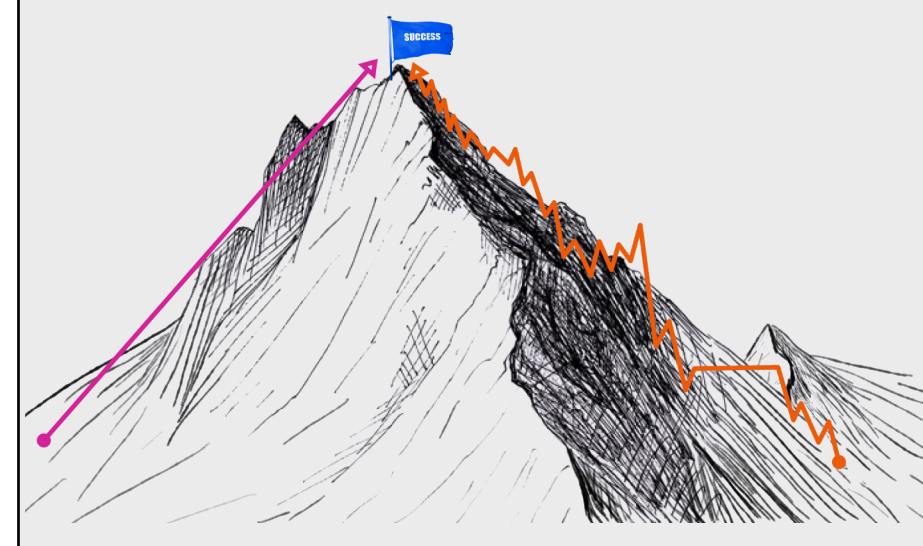
Direct measure (cm, 5/10, degree, lbs, %, etc.).

Challenging but possible for the given attribute.

Step-wise.

Physiologically possible.

**Actions** in rehab will **directly** impact the outcome.



Aligned with a discharge criteria.

Aligned with the ultimate goal.

Clinical goals **build towards** patient related goals.

**WHY?** The Root.

Clear deadlines that align with POC progression.

Aligns with physiological healing parameters.

Considers any mandated restrictions.

2-3 week/6 visit “chunks”

Release timeframe clear from day 1.