

**Table 2-1: Documentation: Descriptive Words**  
 Ruth Herold, CTRS and Kristin Ogren, OTR/L  
 Overlake Hospital and Medical Center, Bellevue, WA

**MOTOR**

| <b>Posture:</b>  |                       |                       |                |                  |
|------------------|-----------------------|-----------------------|----------------|------------------|
| Tense            | Rigid                 | Slouching             | Slumped        | Head down        |
| Relaxed          | Open/closed           |                       |                |                  |
| <b>Movement:</b> |                       |                       |                |                  |
| Coordination     | Balance               | Gait                  | Motor planning | Gross motor      |
| Fine motor       | Dexterity             | Eye-hand coordination | Tremor         | Spasm            |
| Jerking          | Handwriting (quality) | Dyskinesia            | Rocking        | Nervous habit    |
| Self-stimulating | Mannerism             | Gestures              | Hypermobile    | Hyper-responsive |
| Startles         | Aimless               | Purposeless           | Overstimulated | Repetitive       |
| Restless         | Pacing                | Perseverating         | Abrupt         | Agitated         |
| Active           | Spontaneous           | Strong                | Forceful       | quick            |
| Retardation      | Fluid                 | Slow                  | Latent         | Delayed          |
| Lethargic        | Listless              | Passive               | Tentative      |                  |

**HELPFUL WORDS TO REMEMBER**

| <b>Shows</b> | <b>Offers</b> | <b>Appears</b>        | <b>Age-appropriate</b> | <b>Seems</b> |
|--------------|---------------|-----------------------|------------------------|--------------|
| Demonstrates | States        | Situation-appropriate | Reports                | Observed     |
| Noted        | Produces      | Declines              | Refuses                | Resists      |
| Withdraws    | Initiates     | Inconsistent          |                        |              |

**COGNITIVE**

| <b>Mental State:</b>    |                         |                 |                 |              |
|-------------------------|-------------------------|-----------------|-----------------|--------------|
| Concentration           | Comprehension           | Retention       | Hallucinations  | Delusions    |
| Clear                   | Alert                   | Attention span  | Aware           | Perceptive   |
| Insightful              | Memory (recent, remote) | Focused         | Drowsy          | Dull         |
| Reality testing         | Confused                | Preoccupied     | Distractible    | disoriented  |
| <b>Thought Process:</b> |                         |                 |                 |              |
| Tangential              | Pressured               | Rambling        | Racing thoughts | Tracking     |
| Preprocessing           | Abstracting             | Flight of ideas | Generalizing    | Blocked      |
| Expansive               | Concrete thinking       | Grandiose       | Obsessive       | Disorganized |
| Poverty of thought      | scattered               |                 |                 |              |

**AFFECT**

|                  |                |                |               |                  |
|------------------|----------------|----------------|---------------|------------------|
| Flat             | Blunted        | Bland          | Disappointed  | Dazed            |
| Controlled       | Constricted    | Matter-of-fact | Sober         | Serious          |
| Placid           | Self-critical  | Calm           | Composed      | Comfortable      |
| Self-deprecatory | Staring        | Relaxed        | Nonchalant    | Fixed expression |
| Depressed        | Hopeless       | Dejected       | Self-effacing | Despondent       |
| Sad              | Tearful        | Apprehensive   | Subdued       | Unhappy          |
| Remorseful       | Lacking energy | Guilty         | Overwhelmed   | Powerless        |
| Belligerent      | Tense          | Irritable      | Frustrated    | Anxious          |
| Puzzled          | Scowling       | Pressured      | Fearful       | Frightened       |
| Agitated         | Panicky        | Resentful      | Angry         | Sullen           |
| Hostile          | Indignant      | Cheerful       | Bright        | Smiling          |
| Enthusiastic     | Eager          | Energetic      | Motivated     | Interested       |
| Animated         | Happy          | Spontaneous    | Exhilarated   | Euphoric         |
| Elated           | Labile         |                |               |                  |

# Documentation Descriptive Words

**Mary Elizabeth Stevens, Vincent  
Edward Giuliano**



**Documentation Descriptive Words:**

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