

# CONNECTICUT VALLEY HOSPITAL

## PHYSICAL THERAPY SERVICES

### Very Light Activities - 1-3 METs

A MET (metabolic equivalent) is a measurement of the amount of oxygen required to perform various activities.

HOUSEHOLD/OCCUPATIONAL		RECREATIONAL	
Brushing Teeth	Reading	Riding in a Car	Playing Musical Instruments
Shaving	Dressing/Undressing	Slow Level Walking <2 mph	Horseback Riding (Walking)
Tub Bathing	Fixing a Simple Meal	Billiards	Bicycling at 5 mph - Level
Dusting	Ironing	Wood Carving	Metal Work
Hand/Machine Sewing	Machine Washing And Drying	Using Light Hand Tools	Picture Painting
Folding Clothes	Embroidery	Belt Making	Rug Hooking
Light Desk Work	Typing - Manual	Knitting	Card Games
Light Repair Work - TV, Radio, Auto	Driving a Car	Croquet	Bowling
Janitorial Work	Using an Electric Calculator	Canoeing - 2 mph	Golf w/power cart
Riding Lawn Mower		Skeet & Shuffleboard	Powerboat Driving
		Bicycle Ergometer-25 watts	Treadmill-2 mph

### Light Activities - 3-4 METs

A MET (metabolic equivalent) is a measurement of the amount of oxygen required to perform various activities.

HOUSEHOLD/OCCUPATIONAL		RECREATIONAL	
Making a Bed	Fixing Dinner	Archery	Horseshoes
Cleaning Around Kitchen	Dusting	Golf (pulling bag cart)	Bicycling at 7 mph
Sweeping Floor	Window Cleaning	Sailing-Small Boat	Table Tennis
Ironing Clothes	Planting	Hunting-Small Game	Carrying a Light Load
Washing Dishes	Hammering	Badminton (Doubles)	Walking at 3 mph-slight grade
Showering	Washing Clothes by Hand	Fly Fishing/Fishing from beach	Volleyball - 6 man Noncompetitive
Sexual Activity	Pushing Light Power Mower	Horseback (sitting to trot)	Energetic Musician
Brick Laying, Plastering	Wheelbarrow - 100lb load	Bicycle Ergometer-50 watts	Treadmill-3 mph
Machine Assembly	Welding - moderate load		
Trailer-truck in Traffic			

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## PHYSICAL THERAPY SERVICES

### Mild Activities - 4-5 METs

A MET (metabolic equivalent) is a measurement of the amount of oxygen required to perform various activities.

HOUSEHOLD/OCCUPATIONAL		RECREATIONAL	
Making a Bed	Grocery Shopping	Slow Social Dancing	Bicycling at 8 mph
Vacuum Cleaning	Mopping	Walking at 4 mph slight grade	Swimming Breaststroke - 200 yards per minute
Hanging Out Wash	Pushing Power Mower	Light Calisthenics	Golf (carrying clubs)
Weeding	House Painting	Badminton (Singles)	Raking Leaves
Paper Hanging	Light Carpentry	Hoeing	Bicycle Ergometer-75 watts
Floor Waxing	Masonry	Treadmill-slight grade-3 mph	

### Heavy Activities - 5-8 METs

A MET (metabolic equivalent) is a measurement of the amount of oxygen required to perform various activities.

HOUSEHOLD/OCCUPATIONAL		RECREATIONAL	
Spading Garden	Fast Stair Climbing	Jogging at 5 mph	Bicycling >10 mph
Splitting Wood	Carrying Loads Up To 90 lbs	Touch Football	Tennis (Singles)
Ditch Digging	Snow Shoveling	Horseback Riding (gallop)	Aerobic Dancing
Hand Lawn Mowing	Sawing Hard Wood	Ice Hockey	Canoeing >4 mph
		Stream Fishing (light current)	Ice/Roller Skating 9 mph
		Badminton - competitive	Downhill Skiing
		Square Dancing	Water Skiing
		Basketball	Mountain Climbing
		Walking 3 mph-moderate incline or 5 mph-level	Bicycle Ergometer-100-150 watts
		Treadmill-3 mph-moderate incline	

### Very Heavy Activities - 8-10 METs

A MET (metabolic equivalent) is a measurement of the amount of oxygen required to perform various activities.

HOUSEHOLD/OCCUPATIONAL		RECREATIONAL	
Shoveling 10/minute - 14 lbs		Running 5-7 mph	Bicycling >13 mph
		Squash Racquets - social	Handball - social
		Fencing	Basketball - rigorous
		Bicycle Ergometer-175 watts	Treadmill-4 mph- moderate incline