

Functional Mobility & Gait Assessment Form

TUG Test Score

The time it takes to rise from a chair, walk 3 meters, turn around, walk back, and sit down. Diagnosis: _____

Single Leg Balance

Lift one leg directly beside the balance leg. Maintain level hips and shoulders. Hold the balance position. Record the best of 3 attempts.

Date	Time	Date	Right Leg Time	Left Leg Time

Gait Assessment: 10 Meter Walk Test

The patient walks 10 meters and the time is measured for the intermediate 6 meters to allow for 2 meters of acceleration and 2 meters of deceleration. Speed = 6 meters / recorded time

Step Length = 600 cm / # of steps taken

Date	Other Assist. Dev Used	No NewGait Time/Speed	No NewGait Step Length	With NewGait Time/Speed	With NewGait Step Length

Quality of Gait - Symmetry and Smoothness of <u>Movement</u>

List any initial deficits in gait, including pain (Arm swing, trunk rotation, vertical/lateral shift in center of gravity. Loading response of stance leg, knee flexion and extension, ankle eversion/inversion)

Date	Changes in Quality of Gait

List any changes in initial deficits over time

Name: _____

Normative Data for Single Leg Balance Test

Normative Data for TUG Test

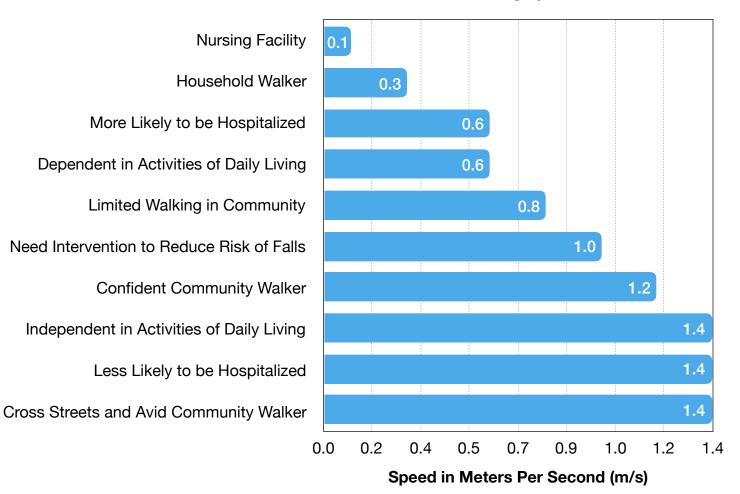
*Greater than 14 seconds associated with high fall risk

Age Group	Time in seconds	
60-69	8.1	
70-79	9.2	
80-89	11.3	

Age Group	Time in seconds
40-49	41.9
50-59	41.2
60-69	32.1
70-79	21.5
80-89	9.4

Normative Data for 10 Meter Walk Test

Step Length: 70-82 cm | Speed: 1.4 m/sec (2.8 mph) | Step Width: Fist Width



Walking Speed