

Name: _____

Functional Mobility & Gait Assessment Form

Diagnosis: _____

TUG Test Score

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

Date	Time

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	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 Movement

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)

List any changes in initial deficits over time

Date	Changes in Quality of Gait

Normative Data for TUG Test

Normative Data for Single Leg Balance 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

