

NewGait FUNCTIONAL MOBILITY & GAIT ASSESSMENT FORM

Name	Diagnosis
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TUG TEST SCORE

Time taken to rise from a chair, walk 3 meters, turn around, walk back and sit down.

DATE	TIME

SINGLE LEG BALANCE

Lift one leg while maintaining level hips and shoulders. Hold the balance position. Record the best of 3 attempts.

DATE	RIGHT LEG	LEFT LEG

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.

DATE	OTHER ASST. DEV. USED	NO NEWGAIT TIME OR SPEED	NO NEWGAIT STEP LENGTH	W/NEWGAIT TIME OR SPEED	W/NEWGAIT STEP LENGTH

Speed = 6 m / Recorded Time Step Length = 600 cm / # of Steps

QUALITY OF GAIT

List any initial visual deficits in gait:

List any changes in deficits in gait over time:

List any initial visual deficits in gait:	List any changes in deficits in gait over time:	
	DATE	CHANGES IN GAIT

Name

FUNCTIONAL MOBILITY & GAIT ASSESSMENT FORM

ADDITIONAL TESTS TO ASSESS FALL RISK

DATE	SIT TO STAND (# OF REPS IN 30 SEC)	FES SCORE	DYNAMIC GAIT INDEX SCORE	WALKING WHILE TALKING (TIME)

FALLS EFFICACY SCALE (FES) SCORE

On a scale from 1 to 10, with 1 being very confident and 10 being not confident at all, how confident are you in performing the following activities without falling?

ACTIVITY	DATE:	DATE:	DATE:	DATE:
BATHE/SHOWER				
GET DRESSED				
PREPARE A MEAL				
GET IN/OUT OF BED				
ANSWER THE DOOR				

DYNAMIC GAIT INDEX

Instructions and scoring information on a separate sheet. A score of less than 19 is predictive of fall risk.

WALKING WHILE TALKING

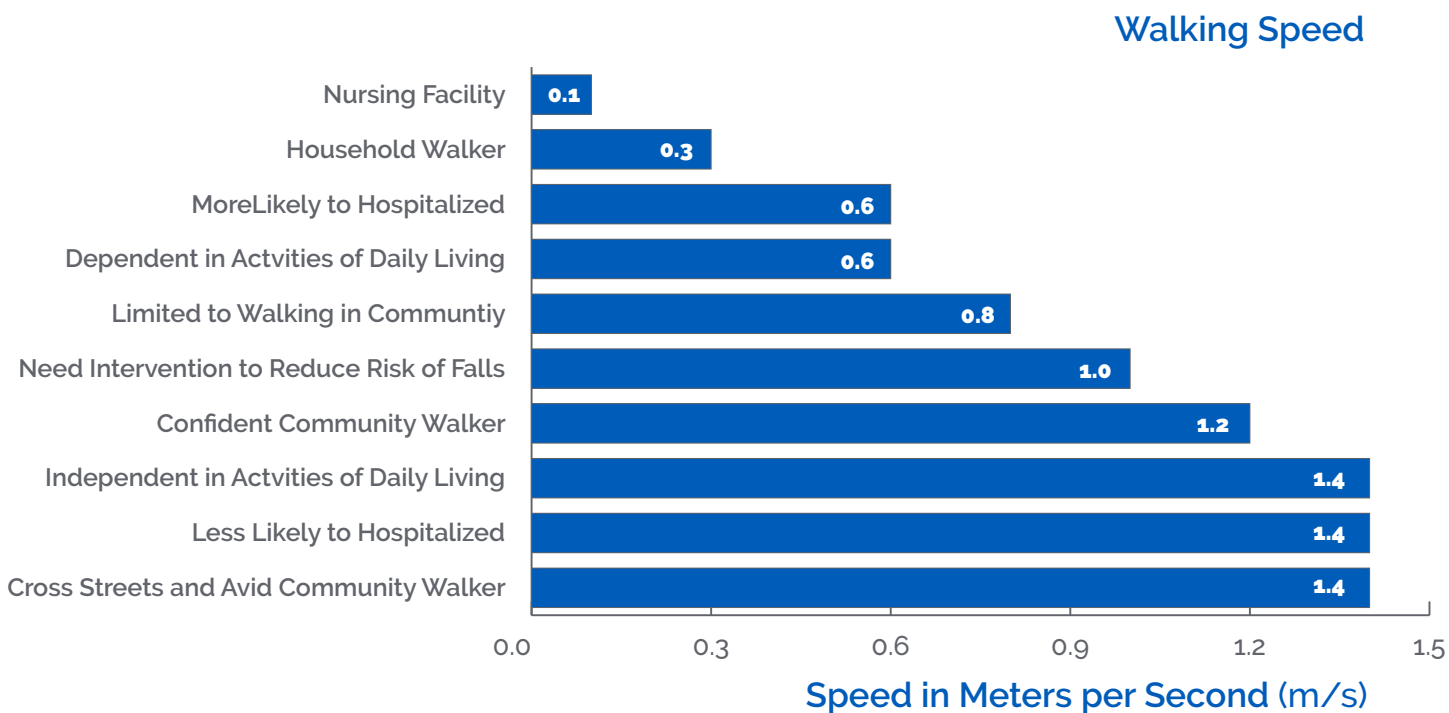
Instruct the patient to ambulate 20 feet, turn around, and return (40 feet total). Additionally, instruct the patient to recite the alphabet aloud (simple), or recite the alternate letters of the alphabet (complex). The time to complete the walking distance is the score. 19 seconds or longer for simple is indicative of fall risk. 33 seconds or longer for complex is indicative of fall risk.

NORMATIVE DATA TUG TEST	
AGE GROUP	TIME (seconds)
40 - 49	7.1
50 - 59	7.5
60 - 69	8.1
70 - 79	9.2
80 - 89	11.3

NORMATIVE DATA SINGLE LEG BALANCE TEST	
AGE GROUP	TIME (seconds)
40 - 49	41.9
50 - 59	41.2
60 - 69	32.1
70 - 79	21.5
80 - 89	9.4

*Greater than 14 seconds associated with high fall risk

NORMATIVE DATA 10 METER WALK TEST		
STEP LENGTH	SPEED	STEP WIDTH
70 - 82 cm	1.4 m/sec	Fist Width



NewGait™ GAIT ASSESSMENT FORM NORMATIVE DATA

NORMATIVE DATA SIT TO STAND	
AGE GROUP	# OF REPS
60 - 69	15
70 - 79	12
80 - 89	10
90 - 99	9

NORMATIVE DATA DYNAMIC GAIT INDEX

A score less than 19 is predictive of fall risk.

NORMATIVE DATA WALKING WHILE TALKING	
SIMPLE	COMPLEX
20 seconds or longer is indicative of fall risk	33 seconds or longer is indicative of fall risk

NORMATIVE DATA AND SCALE FES SCORE

LOW	MODERATE	HIGH
7 - 21	22 - 42	43 - 70

AGE GROUP	FES SCORE
40 - 49	10
50 - 59	15
60 - 69	21
70 - 79	30
80 - 89	43

Name	Diagnosis

The Dynamic Gait Index was developed to assess the likelihood of falling in older adults. It is composed of 8 gait tests with each being scored on a four point scale ranging from 0-3. "0" indicates the lowest level of function and "3" the highest level of function. The highest score possible is 24. A score less than 19 is predictive of fall risk.

1. Gait Level Surface

Walk at normal pace for 20'.

- 0 - Severe Impairment:**
Cannot walk 20' without assistance, severe gait deviations or imbalance.
- 1 - Moderate Impairment:**
Walks 20' slow speed, abnormal gait pattern, evidence for imbalance.
- 2 - Mild Impairment:**
Walks 20' uses assistive devices, slower speed, mild gait deviations.
- 3 - Normal:**
Walks 20' no assistive devices, good speed, no evidence for imbalance, normal gait pattern.

2. Change in Gait Speed

Walk at normal pace for 5', then instruct to "go," and walk fast for 5', instruct to "slow," and walk slowly for 5'.

- 0 - Severe Impairment:**
Cannot change speeds or loses balance and has to reach for wall or be caught.
- 1 - Moderate Impairment:**
Makes only minor adjustments to walking speed, or accomplishes a change in speed with significant gait deviations.
- 2 - Mild Impairment:**
Is able to change to change speed but demonstrates mild gait deviations, or unable to achieve a significant change in velocity.
- 3 - Normal:**
Able to smoothly change walking speed without gait deviations or loss of balance.

3. Gait with Horizontal Head Turns

Walk at normal pace. Then instruct to "look right," keep walking straight, but turn your head right. Then instruct to, "look left," keep walking straight and turn your head left. Then instruct to "look straight," keep walking straight and return your head center.

- 0 - Severe Impairment:**
Performs task with severe disruption of gait, ie., staggers off path loses balance, stops, reaches for wall.
- 1 - Moderate Impairment:**
Performs head turns with moderate change in gait velocity, slows down, staggers but recovers, can continue to walk.
- 2 - Mild Impairment:**
Performs head turns smoothly with slight change in gait velocity.
- 3 - Normal:**
Performs head turns smoothly with no change in gait.

4. Gait with Vertical Head Turns

Walk at normal pace. Then instruct to "look up," keep walking straight, but lift your chin up. Then instruct to "look straight," keep walking straight but return your head to center.

- 0 - Severe Impairment:**
Performs task with severe disruption of gait, ie., staggers off path loses balance, stops, reaches for wall.
- 1 - Moderate Impairment:**
Performs head turns with moderate change in gait velocity, slows down, staggers but recovers, can continue to walk.
- 2 - Mild Impairment:**
Performs head turns smoothly with slight change in gait velocity.
- 3 - Normal:**
Performs head turns smoothly with no change in gait.

Name

DYNAMIC GAIT INDEX

5. Gait and Pivot Turn

Walk at normal pace, then instruct to "turn and stop," turn as quickly as you can to face the opposite direction and stop.

- 0 - Severe Impairment:**
Cannot turn safely, requires assistance to turn and stop.
- 1 - Moderate Impairment:**
Turns slowly, requires several small steps to catch balance.
- 2 - Mild Impairment:**
Pivot turns safely in more than 3 seconds and stops with no loss of balance.
- 3 - Normal:**
Pivot turns safely within 3 seconds and stops quickly with no loss of balance.

6. Step Over Obstacles

Walk at a normal speed, step over the box, not around it, and keep walking.

- 0 - Severe Impairment:**
Cannot perform without assistance.
- 1 - Moderate Impairment:**
Is able to step over the box but must stop first.
- 2 - Mild Impairment:**
Is able to step over the box, but must slow down.
- 3 - Normal:**
Is able to step over the box without changing gait speed.

7. Step Around Obstacles

Walk at a normal speed. When you come to the first cone 6' away, walk around the right side. When you come to the next cone 6' past the first, walk around the left side.

- 0 - Severe Impairment:**
Unable to avoid the cones, walks into one or both cones, or requires physical assistance.
- 1 - Moderate Impairment:**
Is able to avoid the cones, but must significantly slow speed.
- 2 - Mild Impairment:**
Is able to avoid the cones, but must slightly slow and adjust steps.
- 3 - Normal:**
Is able to walk around the cones safely without changing gait speed.

8. Steps

Walk up the stairs as you would at home, i.e., using the railing if necessary. At the top, turn around and walk down.

- 0 - Severe Impairment:**
Cannot perform safely.
- 1 - Moderate Impairment:**
Must place both feet on each step, and must use rail.
- 2 - Mild Impairment:**
Alternating feet, but must use rail.
- 3 - Normal:**
Alternating feet, no need to use the rail.

TOTAL SCORE: _____ /24