

Functional Gait Assessment

Name:		Age:	Gender:
Sex:	Date:	Signature: <i>e. bird</i>	
Assessor:		Assessor Signature: <i>cm. grier</i>	

1. Gait Level Surface

Grading: Check the lowest category that applies.

Instructions: Walk at your normal speed from here to the next mark (20 ft./6m).

	Score	Level of Function	Description
<input type="checkbox"/>	0	Severe Impairment	<ul style="list-style-type: none"> Cannot walk 20 ft./6m without assistance. Has severe gait deviations or imbalance. Reaches and touches the wall.
<input type="checkbox"/>	1	Moderate Impairment	<ul style="list-style-type: none"> Walks 20 ft./6m at slow speed. Has an abnormal gait pattern. There's evidence for imbalance.
<input type="checkbox"/>	2	Mild Impairment	<ul style="list-style-type: none"> Walks 20 ft./6m with assistive devices at a slower speed. Has mild gait deviations.
<input type="checkbox"/>	3	Normal	<ul style="list-style-type: none"> Walks 20 ft./6m without aids at a good speed and with a normal gait pattern. No evidence for imbalance.

2. Change in Gait Speed

Grading: Check the lowest category that applies.

Instructions: Begin walking at your normal pace for 5 ft or 1.5m.

When I tell you "GO," walk as fast as you can for 5 ft or 1.5m.

When I tell you "SLOW," walk as slowly as you can for 5 ft or 1.5m

	Score	Level of Function	Description
<input type="checkbox"/>	0	Severe Impairment	<ul style="list-style-type: none"> Cannot change speeds or loses balance. Needs to be caught or reach a wall.
<input type="checkbox"/>	1	Moderate Impairment	<ul style="list-style-type: none"> Makes only minor adjustments to walking speed OR Accomplishes a change in speed/changes speed with significant gait deviations OR Changes speed but has significant gait deviations OR Change in speed but loses balance but is able to recover and continue walking
<input type="checkbox"/>	2	Mild Impairment	<ul style="list-style-type: none"> Able to change speed but demonstrates mild gait deviations OR No gait deviations but unable to achieve a significant change in velocity OR Uses an assistive device
<input type="checkbox"/>	3	Normal	<ul style="list-style-type: none"> Able to smoothly change walking speed without loss of balance or gait deviation. Shows a significant difference in walking speeds between normal, fast, and slow.

3. Gait with Horizontal Head Turns

Grading: Check the lowest category that applies.

Instructions: Begin walking at your normal pace and walk from here to the next mark (20 ft./6m).

Keep walking straight. After 3 steps, turn your head to the right and keep walking straight while looking to the right.

After 3 more steps, turn your head to the left and keep walking straight while looking left.

Continue alternating looking right and left after every 3 steps until you complete 2 repetitions in each direction.

	Score	Level of Function	Description
<input type="checkbox"/>	0	Severe Impairment	<ul style="list-style-type: none"> Performs task with severe disruptions of gait (i.e., staggers outside 15-inch/38-centimeter path, loses balance, stops, or reaches for wall)
<input type="checkbox"/>	1	Moderate Impairment	<ul style="list-style-type: none"> Performs head turns with moderate change in gait velocity or speed. Staggers but recovers and can continue to walk.
<input type="checkbox"/>	2	Mild Impairment	<ul style="list-style-type: none"> Performs head turns smoothly with slight changes in gait velocity (i.e., minor disruption to smooth gait path or uses walking aid).
<input type="checkbox"/>	3	Normal	<ul style="list-style-type: none"> Performs head turn smoothly with no change in gait.

4. Gait with Vertical Head Turns

Grading: Check the lowest category that applies.

Instructions: Begin walking at your normal pace and walk from here to the next mark (20 ft./6m).

Keep walking straight. After 3 steps, tip your head up and keep walking straight while looking up.

After 3 more steps, tip your head down and keep walking straight while looking down.

Continue alternating looking up and down after every 3 steps until you complete 2 repetitions in each direction.

	Score	Level of Function	Description
<input type="radio"/>	0	Severe Impairment	<ul style="list-style-type: none">Performs task with severe disruptions of gait (i.e. staggers outside 15-inch/38-centimeter path, loses balance, stops, or reaches for wall)
<input type="radio"/>	1	Moderate Impairment	<ul style="list-style-type: none">Performs task with moderate change in gait velocity or speed.Staggers but recovers and can continue to walk.
<input type="radio"/>	2	Mild Impairment	<ul style="list-style-type: none">Performs tasks smoothly with slight changes in gait velocity (i.e., minor disruption to smooth gait path or uses walking aid).
<input type="radio"/>	3	Normal	<ul style="list-style-type: none">Performs task smoothly with no change in gait.

5. Gait and Pivot Turn

Grading: Check the lowest category that applies.

Instructions: Begin walking at your normal pace.

When I tell you to "TURN AND STOP," turn as quickly as you can to face the opposite direction and stop.

	Score	Level of Function	Description
<input type="radio"/>	0	Severe Impairment	<ul style="list-style-type: none">Cannot turn safely.Requires assistance to turn and stop.
<input type="radio"/>	1	Moderate Impairment	<ul style="list-style-type: none">Turns slowly, requiring verbal cueing.Requires several small steps to catch balance following turn.
<input type="radio"/>	2	Mild Impairment	<ul style="list-style-type: none">Pivot turns safely in greater than 3 seconds and stops with no loss of balance ORPivot turns safely within 3 seconds and stops with mild imbalance.Requires small steps to catch balance.
<input type="radio"/>	3	Normal	<ul style="list-style-type: none">Pivots and turns safely within 3 seconds.Stops quickly with no loss of balance.

6. Step over Obstacle

Grading: Check the lowest category that applies.

Instructions: Begin walking at your normal speed.

When you come to the shoebox, step over it - not around it - and keep walking.

	Score	Level of Function	Description
<input type="radio"/>	0	Severe Impairment	<ul style="list-style-type: none">Cannot perform without assistance.
<input type="radio"/>	1	Moderate Impairment	<ul style="list-style-type: none">Able to step over one (1) shoe box but must slow down.Needs to adjust steps to clear the box safely.May require verbal cueing.
<input type="radio"/>	2	Mild Impairment	<ul style="list-style-type: none">Able to step over one (1) shoe box without changing gait speed.No evidence of imbalance.
<input type="radio"/>	3	Normal	<ul style="list-style-type: none">Able to step over two (2) stacked shoe boxes taped together without changing gait speed.No evidence of imbalance.

7. Gait with Narrow Base of Support

Grading: Check the lowest category that applies.

Instructions: Walk along the floor with arms folded across the chest for a distance of 12 ft./3.6m. Remember to keep the feet aligned heel to toe in tandem.

The number of steps taken in a straight line should be equivalent to a maximum of 10 steps.

	Score	Level of Function	Description
<input type="radio"/>	0	Severe Impairment	<ul style="list-style-type: none">Ambulates less than 4 steps heel to toe.Cannot perform without assistance.
<input type="radio"/>	1	Moderate Impairment	<ul style="list-style-type: none">Ambulates 4-7 steps.
<input type="radio"/>	2	Mild Impairment	<ul style="list-style-type: none">Ambulates 7-9 steps.
<input type="radio"/>	3	Normal	<ul style="list-style-type: none">Able to ambulate for 10 steps heel to toe.No staggering.

8. Gait with Eyes Closed

Grading: Check the lowest category that applies.

Instructions: Walk at your normal speed from here to the next mark - a distance of 20 ft./6m with your eyes closed.

	Score	Level of Function	Description
<input type="checkbox"/>	0	Severe Impairment	<ul style="list-style-type: none">• Cannot walk without assistance.• Severe gait deviations or imbalance OR• Will not attempt task.
<input type="checkbox"/>	1	Moderate Impairment	<ul style="list-style-type: none">• Walks at a slow speed.• Abnormal gait pattern.• Evidence for imbalance.
<input type="checkbox"/>	2	Mild Impairment	<ul style="list-style-type: none">• Walks with assistive devices at a slow speed.• Has mild gait deviations.
<input type="checkbox"/>	3	Normal	<ul style="list-style-type: none">• Walks with no assistive devices at a good speed.• No evidence of imbalance.• Has normal gait pattern.

9. Ambulating Backwards

Grading: Check the lowest category that applies.

Instructions: Walk backward until I tell you to stop.

	Score	Level of Function	Description
<input type="checkbox"/>	0	Severe Impairment	<ul style="list-style-type: none">• Cannot walk without assistance.• Has severe gait deviations or imbalance.
<input type="checkbox"/>	1	Moderate Impairment	<ul style="list-style-type: none">• Walks at a slower speed.• Has an abnormal gait pattern.• There's evidence for imbalance.
<input type="checkbox"/>	2	Mild Impairment	<ul style="list-style-type: none">• Walks with assistive devices at a slower speed.• Has mild gait deviations.
<input type="checkbox"/>	3	Normal	<ul style="list-style-type: none">• Walks with no assistive devices at a good speed.• No evidence for imbalance.• Has a normal gait pattern.

10. Steps

Grading: Check the lowest category that applies.

Instructions: Walk up these stairs as you would at home.
At the top, turn around and walk down.

	Score	Level of Function	Description
<input type="checkbox"/>	0	Severe Impairment	<ul style="list-style-type: none">• Cannot perform safely.
<input type="checkbox"/>	1	Moderate Impairment	<ul style="list-style-type: none">• Two feet to a stair.• Must use rail.
<input type="checkbox"/>	2	Mild Impairment	<ul style="list-style-type: none">• Alternating feet.• Must use rail.
<input type="checkbox"/>	3	Normal	<ul style="list-style-type: none">• Alternating feet.• No rail needed.

TOTAL SCORE: