

# Physical Mobility Scale

Patient Information
Full name:
Age:
Date of birth:
Attending physician's full name:
Date assessed:

**What you need:** Bed, chair, wheelchair (just in case your patient requires it), and enough space to move 50 feet without obstructions

**Instructions:** Please have your patient do the following actions:

Instructions	Scale	Score
<p><b>Supine to Side-lying:</b> Instruct the patient to lie down supine, then have them roll to the left and assume a side-lying position. Have them assume a supine position again, then roll to the right and assume a side-lying position. Scores for rolling to the right and left are separate.</p>	(0) No active participation in rolling	R
	(1) Requires facilitation at shoulder and lower limb but actively turns head to roll	_____
	(2) Requires facilitation at shoulder or at lower limb to roll	
	(3) Requires equipment (eg, bedrail) to pull into side-lying. Specify:	L _____
	(4) Requires verbal prompting to roll—does not pull to roll	
	(5) Independent—no assistance or prompting	
<p><b>Supine to Sitting:</b> Instruct the patient to lie down supine, then have them sit up at the edge of a bed.</p>	(0) Maximally assisted, no head control	
	(1) Fully assisted but controls head position	
	(2) Requires assistance with trunk and lower limbs or upper limbs	
	(3) Requires assistance with lower limbs or upper limbs only	
	(4) Supervision required only	
	(5) Independent and safe	

<p><b>Sitting Balance:</b> Instruct the patient to sit on the edge of a bed and plant their feet on the floor. Tell them to turn and look over their shoulder (must be done on both sides), then have them reach down and touch the floor. They must maintain balance while doing both actions</p>	<p>(0) Sits with total assistance, requires head support</p> <p>(1) Sits with assistance, controls head position</p> <p>(2) Sits using upper limbs for support</p> <p>(3) Sits unsupported for at least 10 seconds</p> <p>(4) Sits unsupported, turns head and trunk to look behind, to (L) and (R)</p> <p>(5) Sits unsupported, reaches forward to touch floor and returns to sitting position independently</p>	
<p><b>Sitting to Standing:</b> Instruct the patient to sit on the edge of a bed and then stand up without using their hands for support.</p>	<p>(0) Unable to weight bear</p> <p>(1) Gets to standing with full assistance from therapist, describe:</p> <p>(2) Requires equipment (eg, handrails) to pull to stand. Specify equipment/method used:</p> <p>(3) Pushes to stand, weight unevenly distributed, stand-by assistance required</p> <p>(4) Pushes to stand, weight evenly distributed, may require frame or bar to hold onto once standing</p> <p>(5) Independent, even weight bearing, hips and knees extended, does not use upper limbs</p>	
<p><b>Standing to Sitting:</b> Instruct the patient to stand next to the edge of a bed, then have them sit down without using their hands for support.</p>	<p>(0) Unable to weight bear</p> <p>(1) Gets to sitting with full assistance from therapist, describe:</p> <p>(2) Can initiate flexion, requires help to complete descent, holds arms of chair, weight evenly/unevenly distributed</p> <p>(3) Poorly controls descent, stand-by assistance required, holds arms of chair, weight evenly/unevenly distributed</p> <p>(4) Controls descent, holds arms of chair, weight evenly distributed</p> <p>(5) Independent and does not use upper limbs, weight evenly distributed</p>	

<p><b>Standing Balance:</b> Instruct the patient to stand up and stay standing up with or without support. Have them turn and look over their shoulder (must be done on both sides), put an object (anything works) and have them pick it up, and then have them stand on their left or right leg for as long as they can within 20 seconds.</p>	<ul style="list-style-type: none"> <li>(0) Unable to stand without hands-on assistance</li> <li>(1) Able to safely stand using an assistive device</li> <li>(2) Able to stand independently for 10 seconds without an assistive device</li> <li>(3) Stands and turns head and trunk to look behind (L) and (R)</li> <li>(4) Able to bend forward to pick up object from floor safely</li> <li>(5) Single limb stand for 10 seconds.</li> <li>(L)_____seconds; (R)_____seconds</li> </ul>	
<p><b>Transfers:</b> Instruct the patient to sit on the edge of the bed, then have them stand up and transfer themselves to a wheelchair (if they require wheelchairs to move) or a chair (if they can walk).</p>	<ul style="list-style-type: none"> <li>(1) Non—weight-bearing hoist (full hoist)</li> <li>(2) Weight bearing hoist (standing hoist)</li> <li>(3) Assistance required by 2 persons, describe:</li> <li>(4) Assistance required by 1 person, describe:</li> <li>(5) Stand-by assistance(prompting required only)</li> <li>(6) Independent</li> </ul>	
<p><b>Ambulation:</b> Instruct the patient to stand up (if they can walk) or have them sit in a wheelchair (if they require wheelchairs). Have them walk or push their wheelchair for a while. Make sure they move at least 50 feet.</p>	<ul style="list-style-type: none"> <li>(0) Bed/chair bound</li> <li>(1) Wheelchair mobile (50 feet without assistance)</li> <li>(2) Ambulant with assistance of two</li> <li>(3) Ambulant with assistance of one</li> <li>(4) Stand-by assistant/prompting required only</li> <li>(5) Ambulates independently, aid required: Aids/assistance. Specify equipment used:</li> </ul>	
	<p><b>Total (Out of 45 points):</b></p>	

**Score Interpretations**

**0 to 18** = severe mobility impairment

**19 to 27** = moderate mobility impairment

**28 to 36** = mild mobility impairment

**37 to 45** = independent

**Additional Comments**