

Functional Gait Assessment



NAME _____ AGE _____ GENDER _____ DATE _____

PATIENT SIGNATURE _____ ASSESSOR _____

ASSESSOR SIGNATURE _____

Requirements: A 20 ft. (6 m) walkway marked with a 12 in. (30.48 cm) width.

Grading: Check the lowest applicable score category for each exercise.

1. Level Surface

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 of 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 of imbalance

2. Change in Gait Speed

Instructions: Begin walking at your normal pace for 5 ft/1.5m. When I tell you "GO," walk as fast as you can for 5 ft/1.5m. When I tell you "SLOW," walk as slowly as you can for 5 ft/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 reaches for 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 • Changes 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

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 and looking 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 reps 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-cm path, loses balance, stops, or reaches for wall)
<input type="checkbox"/>	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="checkbox"/>	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="checkbox"/>	3	Normal	<ul style="list-style-type: none"> Performs task smoothly with no change in gait

4. Gait with Vertical Head Turns

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 2 reps are completed 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-cm path, loses balance, stops, or reaches for wall)
<input type="checkbox"/>	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="checkbox"/>	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="checkbox"/>	3	Normal	<ul style="list-style-type: none"> Performs task smoothly with no change in gait

5. Gait with Pivot Turn

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="checkbox"/>	0	Severe Impairment	<ul style="list-style-type: none"> Cannot turn safely Requires assistance to turn and stop
<input type="checkbox"/>	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="checkbox"/>	2	Mild Impairment	<ul style="list-style-type: none"> Pivot turns safely in greater than 3 seconds and stops with no loss of balance OR Pivot turns safely within 3 seconds and stops with mild imbalance Requires small steps to catch balance
<input type="checkbox"/>	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

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

7. Gait with Narrow Base of Support

Instructions: Walk along the floor with arms folded across the chest for a distance of 12 ft./3.6 m. 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="checkbox"/>	0	Severe Impairment	<ul style="list-style-type: none"> • Ambulates less than 4 steps heel to toe • Cannot perform without assistance
<input type="checkbox"/>	1	Moderate Impairment	<ul style="list-style-type: none"> • Ambulates 4 to 7 steps
<input type="checkbox"/>	2	Mild Impairment	<ul style="list-style-type: none"> • Ambulates 7 to 9 steps
<input type="checkbox"/>	3	Normal	<ul style="list-style-type: none"> • Able to ambulate for 10 steps heel to toe • No staggering

8. Gait with Eyes Closed

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 Backward

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 of imbalance • Has normal gait pattern

10. Steps

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:

**FGA cutoff score of less than or equal to 22 out of 30 possible points is effective in classifying fall risk in older adults and predicting falls in community-dwelling older adults.*

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