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| UPDRS (Free form) | UPDRS Testing (MIDDLE OF ROOM) |
| Free form 1 | Participants walk 2 minutes in an oval shape (as marked on the floor) at their preferred speed 2 times (CLOCKWISE) |
| Walk | Participants will be first asked to walk in a straight line for 7m (with U-turns at both ends) for 2 minutes at their preferred speed. They will perform this test 1 time, with a short break between each walk. |
| Free form 2 | Participants will then be asked to walk 2 minutes across the room, varying directions (i.e. not in a straight line), at their preferred speed 2 times |
| TUG | Participants will rise from a chair, walk at normal speed for 3 meters, turn 180 degrees, return to the chair, and sit down |
| Sway (USE THE FOOT POSITIONER) | Participants will be asked to maintain an upright standing position with fixed at a standardized distance (use foot placement tool) and arms crossed for 30 seconds. The test will be performed with **eyes open** |
| Sit to stand (NEED TO FULLY SIT) | Participants will sit in a chair without armrests, with their back against the upright backrest of the chair and the arms crossed over their chest. They will then come to a full stand - upright trunk and hips and knees extended - and sit down again five times. |
| SAW | Participants will stand still for 30 seconds with arms at their side and focus their gaze at a fixed object. They will then start walking forward at their preferred natural pace in a straight line for 7m, turn around and walk back. At the end of the walk, they will stand with the arms by their side and their gaze focused at a fixed object. KEEP FACING THE WALL IN THE END |
| 360 degree turn (DEMO THIS) | Participants will stand and turn in place, alternating 360 degrees turns to their right and 360 degrees turns to their left, at a self-selected pace, 3 times |
| Free Form 3 (PUT THE CHAIR FURTHER BACK) | Participants will be asked to sit comfortably on a chair (with armrests) and a backrest for 5 minutes with their arms resting on the armrests. We will try to bring out tremor by asking the participants to perform a “serial 7’s task”, where the participant will **count backwards from 100, subtracting 7 each time. If the participant is not able to perform this task, they will be asked to either**  1) count backwards from 20, subtracting 3 each time  2) Recall the months of the year backwards.  3) Say as many words as you can in 1 minute starting from the letter P  4) Subtract 3 starting from 100  5) Say as many words as you can in 1 minute starting from the letter C  6) Say as many words as you can in 1 minute starting from the letter D |

***Note that for Free Form 3, an additional camera and sensor will be used***

How to input into program:

1. Free (UPDRS time varies
2. Free 2 min
3. Free 2 min
4. Walk 2 min
5. Free (Random-give demo) 2 min
6. Free (Random-give demo) 2 min
7. TUG-Chair away from door time varies
8. SWAY (feet apart, eyes open, firm surface)-Arms crossed 30 seconds
9. Sit to Stand-Middle of room-Arms crossed time varies
10. SAW-Keep facing wall in the end 30 seconds standing still + time for walk varies
11. 360-Right then left time varies
12. 360-Right then left time varies
13. 360-Right then left time varies
14. Free 5 min

**REMEMBER TO CONFIGURE SENSORS**