



# PHYSICAL MOBILITY SCALE

P3 – C –

REVIEWED ON : JUN 2022  
REVIEWED BY: S PALTRIDGE

## CONSUMER PROFILE

FIRST NAME		DATE OF BIRTH	
SURNAME			
MEDICAL DX			

ACTIVITIES	0	1	2	3	4	5
<b>Supine to Side lying</b>	No active participation in rolling	Requires facilitation at shoulder and lower limb but actively turns head to roll	Requires facilitation at shoulder or lower limb to roll	Requires equipment to pull to side lying	Requires verbal prompting to roll	Independent – no assistance
<b>Supine to Sit</b>	Maximally assisted, no head control	Fully assisted but controls head position	Requires assistance with trunk and lower limbs or upper limbs	Requires assistance with lower limbs or upper limbs only	Supervision required	Independent and safe
<b>Sitting Balance</b>	Sits with total assistance, requires head support	Sits with assistance, controls head position	Sits using upper limbs for support	Sits unsupported for at least 10 seconds	Sits unsupported, turns head and trunk to look behind to left and right	Sits unsupported, reaches forward to touch floor, and returns to sitting position independently
<b>Sitting to Standing</b>	Unable to weight bear	Gets to standing with full assistance from therapist	Requires equipment to pull to standing	Pushes to stand weight unevenly distributed, standby assistance required	Pushes to stand weight evenly distributed, may require frame or bar to hold onto once standing	Independent, even weight bearing, hips and knees extended, does not use upper limbs
<b>Standing to Sitting</b>	Unable to weight bear	Gets to sitting with full assistance from therapist	Can initiate flexion, requires help to complete descent, holds arms of chair, weight unevenly/evenly distributed	Poorly controlled descent, stand-by assistance required, holds arms of chair, weight evenly/unevenly distribute	Controls descent, hold arms of chair, weight evenly distributed	Independent and does not use upper limbs, weight evenly distributed
<b>Standing Balance</b>	Unable to stand without hands-on assistance	Able to safely stand using aid	Able to stand independently for 10 seconds, no aid	Stands, turns head and trunk to look behind left or right	Able to bend forwards to pick up object from floor safely	Single limb balance
<b>Transfers</b>	Non-weight bearing,	Weight bearing, hoist required	Assistance of 2 persons	Assistance of one person	Stand-by assistance/prom pting required	Independent
<b>Ambulation /Mobility</b>	Bed/chair bound	Wheelchair mobile	Ambulant with assistance of 2 persons	Ambulant with assistance of 1 person	Stand-by assistance/prom pting required	Ambulates independently

Completed by

Signature

Date

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