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| 1. **Sitting to Standing**   Instruction: Please stand up, try not to use your hand support | Score | 1. **Standing Unsupported**   Instruction: Please stand 2 minutes without holding. | Score |
| * Able to stand without using hands & stabilizes independently. | 4 | * Able to stand safely for 2 minutes | 4 |
| * Able to stand independently using hands. | 3 | * Able to stand for 2 minutes with supervision | 3 |
| * Able to stand using hands after several times. | 2 | * Able to stand for 30 seconds unsupported | 2 |
| * Needs minimum aid to stand or stabilize | 1 | * Need several tried to stand unsupported for 30 seconds | 1 |
| * Needs moderate or maximum assist to stand | 0 | * Unable to stand for 30 seconds without support | 0 |
| 1. **Sitting with back unsupported but feet supported on the floor or a stool**   Instruction: Please sit with arms folded for 2 minutes | Score | 1. **Standing to Sit**   Instruction: Please sit down | Score |
| * Able to sit safely and securely for 2 minutes | 4 | * Sit safely with minimal use of hands | 4 |
| * Able to sit for 2 minutes with supervision | 3 | * Controls descent by using hands | 3 |
| * Able to sit for 30 seconds | 2 | * Uses back of legs against chair to control descent | 2 |
| * Able to sit for 10 seconds | 1 | * Sits independently, but has uncontrolled descent | 1 |
| * Unable to sit without support for 10 seconds | 0 | * Needs assistance to sit | 0 |
| 1. **Transfers**   Instruction: Arrange chair for a pivot transfer. Ask the patient to transfer one way toward a seat without armrests and one way towards the seat with arms. You may use two chairs or a bed/mat and a chair | Score | 1. **Standing unsupported (Eyes closed)**   Instruction: Please close your eyes and stand still for 10 seconds | Score |
| * Able to transfer safely with minor use of hands | 4 | * Able to stand for 10 seconds | 4 |
| * Able to transfer safely with definite needs of hands | 3 | * Able to stand for 10 seconds with supervision | 3 |
| * Able to transfer with verbal cueing &/or supervision | 2 | * Able to stand for 3 seconds | 2 |
| * Needs one person to assist | 1 | * Unable to keep eyes closed for 3 seconds but stands safely | 1 |
| * Needs two people to assist or supervise to be safe | 0 | * Needs help to keep from falling | 0 |
| 1. **Standing unsupported (Feet together)**   Instruction: Place your feet together and stand without holding | Score | 1. **Reaching forward(Outstretched Arm) standing**   Instruction: Lift arm to 90 degrees. Stretch out your fingers & reach forward as far as you can. (Place ruler at the tips of the fingers. Patient should not touch rules when reaching). Distance recorded is from the fingertips with the patient in the most forward position. Patient uses both hands & voids trunk flexion. | Score |
| * Able to place feet together independently & stand safely for 1 minute | 4 | * Can reach forward 10 inches or 20-30 cm | 4 |
| * Able to place feet together independently & stand with supervision for 1 minute | 3 | * Can reach forward safely 5 inches or 12 cm | 3 |
| * Able to place feet together independently but unable to hold for 30 seconds | 2 | * Can reach safely 2 inches or 5 cm | 2 |
| * Needs help to assume the position but can stand for 15 seconds | 1 | * Reaches forward but needs supervision | 1 |
| * Needs help to assume the position but unable to stand for 15 seconds | 0 | * Loses balance when trying requires external support | 0 |

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| 1. **Pickup object from the floor (standing)**   Instruction: Pick up the shoe/slipper in front of your feet. | Score | 1. **Look behind right & left shoulder(standing)**   Instruction: Turn and look behind you over the left shoulder repeat to the right. Examiner may pick any object to look at behind the patient. | Score |
| * Able to pick up slipper safely & easily | 4 | * Looks behind from both side & weight shifts well | 4 |
| * Able to pick up slipper but needs supervision | 3 | * Looks behind one side only, other side shows less weight | 3 |
| * Unable to pick up the slipper, but able to reach 1-2 inches from the slipper & keep balance independently | 2 | * Turns sideways only, but maintains balance | 2 |
| * Unable to pick up slipper & needs supervision while trying | 1 | * Needs close supervision or verbal cueing | 1 |
| * Unable to try, needs assistance to keep from balance/falling | 0 | * Needs assistance while turning | 0 |
| 1. **Turn 360 degree**   Instruction: Turn completely around in a full circle, pause then turn a full circle in the other direction. | Score | 1. **Place alternate foot on step/stool (standing)**   Instruction: Place each foot alternately on the step stool. Continue until each foot has touched the step stool 4 times. | Score |
| * Able to turn 360 degree safely in 4 seconds or less | 4 | * Able to complete 8 steps in 20 seconds safely & independently | 4 |
| * Able to turn 360 degree safely, one side only in 4 seconds or less | 3 | * Able to complete 8 steps > 20 seconds independently | 3 |
| * Able to turn 360 degree safely but slowly | 2 | * Able to complete 4 steps without aid, with supervision | 2 |
| * Needs close supervision or verbal cueing | 1 | * Able to complete > 2 steps: needs minimal assistance | 1 |
| * Needs assistance while turning | 0 | * Needs assistance to keep from falling/unable to try | 0 |
| 1. **Standing one foot in front (unsupported)**   Instruction: (Demonstrate) Place one foot directly in front of the other. If you feel that you cannot place your feet in front, try & step far enough ahead that the heel of your forward foot is ahead of the toe of your other foot. | Score | 1. **Standing on one leg**   Instruction: Stand on one leg without holding as long as you can. | Score |
| * Able to place foot tandem independently & hold for 30 seconds | 4 | * Able to lift leg independently & hold > 10 seconds | 4 |
| * Able to place foot ahead of other independently & hold for 30 seconds | 3 | * Able to lift leg independently & hold 5-10 seconds | 3 |
| * Able to take small step independently & hold for 30 seconds | 2 | * Able to lift leg independently & hold equal or > 2 seconds | 2 |
| * Needs help to step but can hold for 15 seconds | 1 | * Tries to lift leg, unable to hold for 3 seconds, but remains standing | 1 |
| * Loses balance while stepping or standing | 0 | * Unable to try or need assistance to prevent fall | 0 |