

Functional Gait Assessment

Name:	Age:	Gender:
Date: / /	Signature:	
Assessor:	Assessor Signature:	

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

Grading: Check the lowest category that applies for each exercise.

1. Gait Level Surface

Instructions: Walk at your normal speed from here to the next mark (20 ft./6m).

Score	Level of Function	Description
0	Severe Impairment	- Cannot walk 20 ft./6m without assistance. - Has severe gait deviations or imbalance. - Reaches and touches the wall.
1	Moderate Impairment	- Walks 20 ft./6m at slow speed. - Has an abnormal gait pattern. - There's evidence for imbalance.
2	Mild Impairment	- Walks 20 ft./6m with assistive devices at a slower speed. - Has mild gait deviations.
3	Normal	- Walks 20 ft./6m without aids at a good speed and with a normal gait pattern. - No evidence for imbalance.

2. Change in Gait Speed

Instructions: Begin walking at your normal pace for 5 ft or 1.5m.

When I tell you "GO" walk as fast as you can for 5 ft or 1.5 m.

When I tell you "SLOW" walk as slowly as you can for 5 ft or 1.5m.

Score	Level of Function	Description
0	Severe Impairment	- Cannot change speeds or loses balance. - Needs to be caught or reaches a wall.
1	Moderate Impairment	- 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.
2	Mild Impairment	- 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.
3	Normal	- 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 & 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
0	Severe Impairment	- Performs task with severe disruptions of gait (i.e., staggers outside 15-inch/38-cm path, loses balance, stops, or reaches for wall)
1	Moderate Impairment	- Performs head turns with moderate change in gait velocity or speed. - Staggers but recovers and can continue to walk.
2	Mild Impairment	- Performs head turns smoothly with slight changes in gait velocity (i.e., minor disruption to smooth gait path or uses walking aid).
3	Normal	- Performs head turn 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
0	Severe Impairment	- Performs task with severe disruptions of gait (i.e., staggers outside 15-inch/38-cm path, loses balance, stops, or reaches for wall)
1	Moderate Impairment	- Performs task with moderate change in gait velocity or speed. - Staggers but recovers and can continue to walk.
2	Mild Impairment	- Performs tasks smoothly with slight changes in gait velocity (i.e., minor disruption to smooth gait path or uses walking aid).
3	Normal	- 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
0	Severe Impairment	- Cannot turn safely. - Requires assistance to turn and stop.
1	Moderate Impairment	- Turns slowly, requiring verbal cueing. - Requires several small steps to catch balance following turn.
2	Mild Impairment	- 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.
3	Normal	- 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
	0	Severe Impairment	- Cannot perform without assistance.
	1	Moderate Impairment	- Able to step over one (1) shoe box but must slow down. - Needs to adjust steps to clear the box safely. - May require verbal cueing.
	2	Mild Impairment	- Able to step over one (1) shoe box without changing gait speed. - No evidence of imbalance.
	3	Normal	- Able to step over two (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
	0	Severe Impairment	- Ambulates less than 4 steps heel to toe. - Cannot perform without assistance.
	1	Moderate Impairment	- Ambulates 4-7 steps.
	2	Mild Impairment	- Ambulates 7-9 steps.
	3	Normal	- 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
	0	Severe Impairment	- Cannot walk without assistance. - Severe gait deviations or imbalance OR - Will not attempt task.
	1	Moderate Impairment	- Walks at a slow speed. - Abnormal gait pattern. - Evidence for imbalance.
	2	Mild Impairment	- Walks with assistive devices at a slow speed. - Has mild gait deviations.
	3	Normal	- Walks with no assistive devices at a good speed. - No evidence of imbalance. - Has normal gait pattern.

9. Ambulating Backwards

Instructions: Walk backward until I tell you to stop.

	Score	Level of Function	Description
	0	Severe Impairment	<ul style="list-style-type: none">- Cannot walk without assistance.- Has severe gait deviations or imbalance.
	1	Moderate Impairment	<ul style="list-style-type: none">- Walks at a slower speed.- Has an abnormal gait pattern.- There's evidence for imbalance.
	2	Mild Impairment	<ul style="list-style-type: none">- Walks with assistive devices at a slower speed.- Has mild gait deviations.
	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
	0	Severe Impairment	<ul style="list-style-type: none">- Cannot perform safely.
	1	Moderate Impairment	<ul style="list-style-type: none">- Two feet to a stair.- Must use rail.
	2	Mild Impairment	<ul style="list-style-type: none">- Alternating feet.- Must use rail.
	3	Normal	<ul style="list-style-type: none">- Alternating feet.- No rail needed.

TOTAL SCORE:

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