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**Masterpiece Living**

**Mobility Review Score Sheet**

**Participant Name:** \_CC \_\_\_\_\_\_\_

**Facilitator Name:** \_Kai and Amanda \_\_

**Date:** \_\_8/16/2019\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Please read the Mobility Review instruction booklet to ensure proper measuring and scoring.**

The Mobility Review is designed to measure gait, balance, power, strength, flexibility, dynamic agility and general mobility. The purpose is to get a baseline measure and subsequently use as a goal-setting tool for the participant.   
***Please note:****All fractional answers must be in decimal form (i.e. 0.5 or .5 NOT 1/2). Also no symbols (in. Inch, ")*

**Current Physical Activity:** \_\_\_\_Moderate\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Factors Potentially Impacting Mobility Review Scoring:**

 Recovering from a recent (within past year) injury or surgery  Use of assistive device to maintain independence

 Vision or equilibrium  Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**1: Eight Foot Up-and-Go** (Dynamic Agility)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
|  |  |  | |  |
|  | ***9.5*** | seconds | |

**2: Arm Curl** (Upper Body Strength)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
|  |  |  | |  |
|  | ***9*** | repetitions | |

**3: Back Scratch** (Upper Body Flexibility)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
|  |  |  | |  |
|  | ***-11*** | inches (-/+) | |

**4: 30-Second Stand** (Lower Body Strength)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
|  |  |  | |  |
|  | ***9*** | repetitions | |

**5: Chair Sit & Reach** (Lower Body Flexibility)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
|  |  |  | |  |
|  | ***-5*** | inches (-/+) | |

**6: Single Leg Balance**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
| **Left leg** | | *15* | seconds | |  |
|  | |  |  | |
| **Right leg** | | *5* | seconds | |

**7: Two-Minute March** (Aerobic Endurance)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
|  |  |  | |  |
|  | ***86*** | steps | |

**Mobility Score**The Mobility Score is calculated from the Tinetti Score (balance and gait) plus Functional Reach. Please note if any question is marked with Modification or Did Not Complete the Mobility Score will be considered modified or not complete.

**8. Functional Reach Test** (Balance and Stability)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
|  | ***0 = Less than three inch reach*** |  | |  |
|  | ***1 = Three – five inch reach*** |
|  | ***2 = Greater than six inch reach*** |

**9. Balance**

1. **Sitting balance**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
|  | ***0 = Leans/slides in chair*** |  |  |  |
|  | ***1 = Steady, safe*** |  |  |

1. **Stand up from chair**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
|  | ***0 = Unable without help*** |  |  |  |
|  | ***1 = Able, uses arms to help*** |  |  |
|  | ***2 = Able, without using arms*** |  |  |

1. **Attempts to stand up**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
|  | ***0 = Unable without help*** |  |  |  |
|  | ***1 = Able, requires > 1 attempt*** | | |
|  | ***2 = Able, Able to arise, 1 attempt*** | | |

1. **Immediate standing balance** (first five seconds)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
|  | ***0 = Unsteady (swaggers, moves feet, trunk sway)*** | | |  |
|  | ***1 = Steady, but uses walker or other support*** | | |
|  | ***2 = Steady without walker or other support*** | | |

1. **Standing balance**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
|  | ***0 = Unsteady*** | | |  |
|  | ***1 = Steady, but wide stance (heels > 4 in.) and/or uses cane or other support*** | | |
|  | ***2 = Narrow stance without support*** | | |

**f. Nudged**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
|  | ***0 = Begins to fall*** | | |  |
|  | ***1 = Staggers, grabs, catches self*** | | |
|  | ***2 = Steady*** | | |

1. **Eyes closed**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
|  | ***0 = Unsteady*** | | |  |
|  | ***1 = Steady*** | | |

1. **(i) Turn around 360 degrees**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
|  | ***0 = Discontinuous steps*** | | |  |
|  | ***1 = Continuous steps*** | | |

1. **(ii) Turn around 360 degrees**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
|  | ***0 = Unsteady (grabs, staggers)*** | | |  |
|  | ***1 = Steady*** | | |

1. **Sitting down**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
|  | ***0 = Unsafe (misjudged distance, falls into chair)*** | | |  |
|  | ***1 = Uses arms or not a smooth motion*** | | |
|  | ***2 = Safe, smooth motion*** | | |

**10: Gait**

1. **Initiation of gate**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
|  | ***0 = Any hesitancy or multiple attempts to start*** | | |  |
|  | ***1 = No hesitancy*** | | |

1. **(i) Step length and height: right swing foot**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
|  | ***0 = Right swing foot does not pass left stance foot with step*** | | |  |
|  | *1****= Passes left stance foot*** | | |

**b. (ii) Step length and height: right foot clears floor**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
|  | ***0 = Right foot does not clear floor completely with step*** | | |  |
|  | ***1 = Right foot completely clears floor*** | | |

**b. (iii) Step length and height: left swing foot**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
|  | ***0 = Left swing foot does not pass right stance foot with step*** | | |  |
|  | ***1 = Passes right stance foot*** | | |

**b. (iv) Step length and height: left foot clears floor**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
|  | ***0 = Left foot does not clear floor completely with step*** | | |  |
|  | ***1 = Left foot completely clears floor*** | | |

1. **Step Symmetry**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
|  | ***0 = Right and left step length not equal (estimate)*** | | |  |
|  | ***1 = Right and left step appear equal*** | | |

1. **Step Continuity**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
|  | ***0 = Stopping or discontinuity between steps*** | | |  |
|  | ***1 = Steps appear continuous*** | | |

**e. Path**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
|  | ***0 = Marked deviation*** | | |  |
|  | ***1 = Mild/moderate deviation or uses walking aid*** | | |
|  | ***2 = Straight without walking aid*** | | |

**f. Trunk**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
|  | ***0 = Marked sway or uses walking aid*** | | |  |
|  | ***1 = No sway, but flexion of knees or back, or spread arms out while walking*** | | |
|  | ***2 = No sway, no flexion, no use of arms, and no use of walking aid*** | | |

g. **Walking Stance**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Modification*** |  | ***Did not complete*** | ***Note Modifications*** |
|  | ***0 = Heels apart*** | | |  |
|  | ***1 = Heels almost touching while walking*** | | |