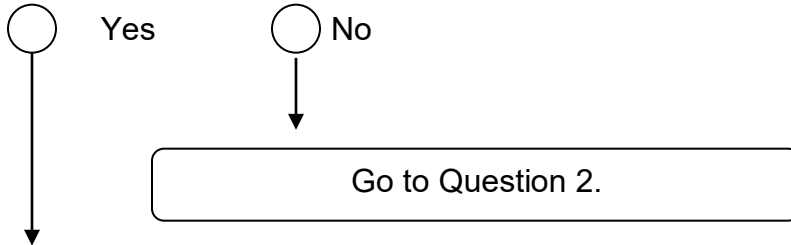


PERFORMANCE MEASURES

MEASURED WALK

1 OBSERVE: Is the participant using an assistive device for walking? **device**



What type of device? **devtyp**

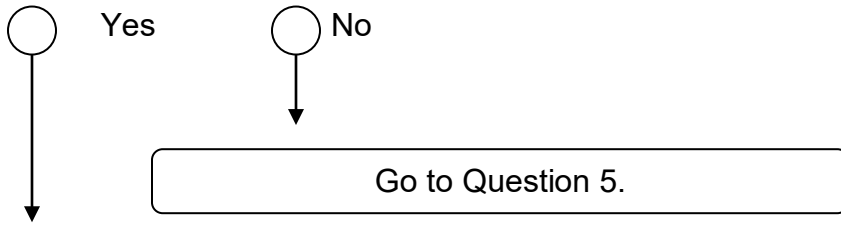
- Standard Cane
- Quad Cane
- Walker
- White Cane
- Crutches (1 or 2)
- Other, Specify: _____

2 OBSERVE: Does the participant use a lower extremity orthosis (plastic or metal leg brace at or above the ankle)? **ortho**

- Yes
- No

PERFORMANCE MEASURES

3 OBSERVE: Is the participant missing any limbs? *limb*



Which Limbs?

mlarm

Left Arm

Yes

No

mrarm

Right Arm

Yes

No

mleg

Left Leg

Yes

No

mrleg

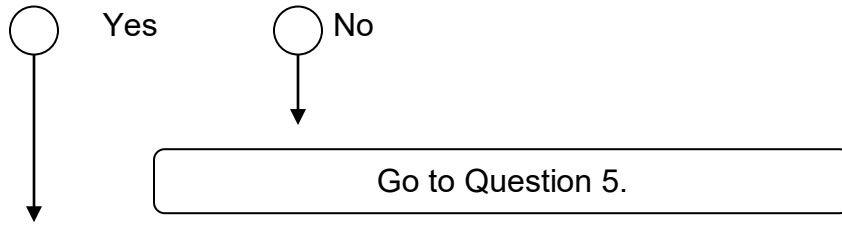
Right Leg

Yes

No

PERFORMANCE MEASURES

4 OBSERVE: Does the participant use a prosthesis (artificial limb)? *prothe*



Which Limb(s)?

plarm

Left Arm

Yes

No

prarm

Right Arm

Yes

No

plleg

Left Leg

Yes

No

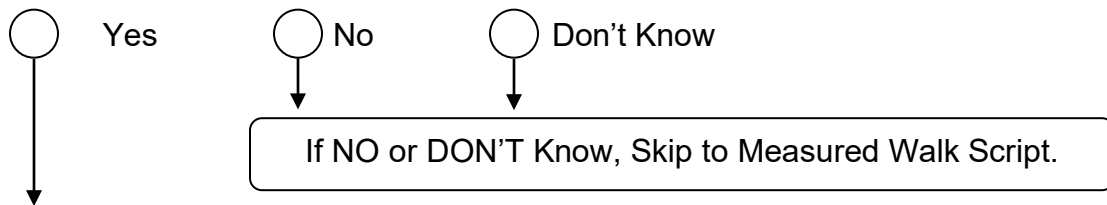
prleg

Right Leg

Yes

No

5 OBSERVE: Does the participant have paralysis of an extremity or side of the body? *paral*



A. Which side of the body? *parsid*

Left

Right

Both

Measured Walk Script:

In this test, I would like you to walk at your usual pace from this line to the line at the end of the hall. Do you think you could do that? Good. Can you see the tape? Good. Let me demonstrate what I want you to do. (*Demonstrate*)

To do this test, place your feet with your toes behind, but touching the line where we start. I will time you. When I say "Ready, go!" walk at your usual pace to the line at the end of the hall. I will walk with you.

When the participant is properly at the line, say "Ready, go!"

PERFORMANCE MEASURE

6 Did the participant complete the walk?

wlkdon

- Yes
- Attempted, but unable physically →
- No – Cognitive Impairment →
- No – Other Reason, →

Go to Question 10.

Specify: othrsn

7 What is the distance of the walking course?

distwalk

3 Meters 15 Feet Other (Specify): othdist

8 Time, in seconds, to complete walk:

wlktime

Seconds

9 Number of steps taken: *steps*

Steps

PERFORMANCE MEASURE

I'd like you to take your dominant arm, place your forearm on the table, and grab the two pieces of metal together like this. (*Examiner should demonstrate at this point.*) When I say "squeeze," squeeze as hard as you can. The two pieces of metal will not move, but I will be able to read the force of your grip on the dial. I will ask you to do this 3 times.

If you feel any pain or discomfort, tell me and we will stop. (*Demonstrate*)

Now you should place your arm on the table at right angles to your body. Grip the two pieces of metal with your dominant hand. Your wrists should be straight. Ready? Go! (*Be sure to coach: "Squeeze, squeeze, squeeze!"*) (*Do dominant hand only.*)

13 Was grip strength test done? ***grip***

Yes

Attempted, but unable physically →

No – Cognitive Impairment →

No – Other Reason, →

Go to Question 18.

Specify: ***griprsn***

14 Code which hand is being tested. (Test dominant hand only.)

Right ***hand1***

Left

Unable/Discontinued

15 First Try: ***try1*** ***try1disc***

KG

Unable/Discontinued

PERFORMANCE MEASURE

16 Second Try: *try2*

try2disc

--	--

 KG

Unable/Discontinued

17 Third Try: *try3*

try3disc

--	--

 KG

Unable/Discontinued

PERFORMANCE MEASURE

Chair Stands

18 ASK: Do you think it would be safe for you to try to stand up from a chair without using your arms? **safe**

Yes

No

Do not complete procedure.
Go to Question 20.

19 ASK: Do you think you could try to stand up from a chair without using your arms? **trystd**

Yes

No

Go to Single Chair Stands
Script.

Do not complete Chair Stands.
Go to Question 20.

20 Reason task was not performed: **notat1**

Not Attempted – Safety Reasons

Not Attempted – Chair Bound

Not Attempted – Cognitive Impairment

Not Attempted – Other Reason

Specify: **reason20**

Go to Balance
Stands Script.

PERFORMANCE MEASURE

Single Chair Stands Script:

In this test, I would like you to fold your arms across your chest. When I say "Ready,go!" stand up without using your arms to assist you. (*Demonstrate*)

You will fold your arms and attempt to stand at my signal. Do you understand? Ready, go!

21 Number of attempts to rise. (NOTE: Attempts include rocking and weight shifting. If participant stands on first attempt, code "01".)

--	--

Attempts **attmp1**

22 Rises:

Rises without using arms **risety**

Rises using arms →

Attempted, but unable →

Go to Balance Stands Script.

Repeated Chair Stands Script:

In this procedure, I want you to fold your arms across your chest and sit so that your feet are on the floor. Then try to stand up five times quickly without using your arms. (*Demonstrate*)

23 ASK: Do you think it would be safe for you to try to stand up from the chair, without using your arms, five times quickly? **safe5**

Yes →

No →

Go to next Script for Repeated Chair Stands.

Go to Question 24.

24 Reason task was not performed: **notat2**

Not Attempted – Safety Reasons →

Not Attempted – Chair Bound →

Not Attempted – Cognitive Impairment →

Not Attempted – Other Reason →

Specify: **othrsn24**

Go to Balance Stands Script.

PERFORMANCE MEASURE

Repeated Chair Stands Script:

Now fold your arms across your chest and at my signal, quickly stand five times in a row, without stopping. When you stand up, come to a full standing position each time, and when you sit down, sit all the way back in the chair. I will count the number of times for you as you go. Ready, go! (*Be sure to count: "One, two, three, four, five."*)

25 Number of completed chair rises: *rises*

--	--

Rises (Code "00" for attempted, but unable)

26 Number of seconds: *ctime*

--	--

Seconds

PERFORMANCE MEASURE

Balance Stands

Introductory Script:

Now let's move on to a more active part of the exam. I would like you to try to do different movements of your body that involve your arms and legs.

I will first describe and show each movement to you. Then I would like you to try to do it. If you cannot do a particular movement or if you feel it would be unsafe to try to do it, tell me, and we will move on to the next one. Let me emphasize that I do not want you to try to do any exercise that makes you feel unsafe.

Do you have any questions before we begin? Okay, let's begin.

Side-by-side Stand (Eyes Open) Script:

I want you to try to stand with your feet together, side by side, for about 10 seconds. Please watch while I demonstrate. *While demonstrating, say:* You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold this position until I tell you to stop.

Allow the participant to hold onto your arm to get balanced. Say: "When you are ready, let go of my arm." *Say "Stop" after 10 seconds.*

Semi-Tandem Stand (Eyes Open) Script:

Now I would like you to try to stand with the side of the heel of one foot touching the big toe of the other foot for about 10 seconds. You may put either foot in front, whichever is more comfortable for you. Please watch while I demonstrate. (*Demonstrate*)

You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold the position until I say "Stop."

Allow the participant to hold onto your arm to get balanced. Say: "When you are ready, let go of my arm." *Say "Stop" after 10 seconds.*

Tandem Stand (Eyes Open) Script:

Now I would like you to try to stand with the heel of one foot in front of and touching the toes of the other foot for about 10 seconds. You may put either foot in front, whichever is more comfortable for you. Please watch while I demonstrate. (*Demonstrate*)

You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold the position until I say "Stop."

Allow the participant to hold onto your arm to get balanced. Say: "When you are ready, let go of my arm." *Say "Stop" after 10 seconds.*

PERFORMANCE MEASURE

27 Is the participant able to do a side-by-side stand (balance unaided) for 10 seconds? **side**

Yes No (Code "0" if attempted, but unable)

↓

Number of Seconds if less than 10:
 sidetm

28 Is the participant able to do a semi-tandem (balance unaided) for 10 seconds? **semi**

Yes No (Code "0" if attempted, but unable)

↓

Number of Seconds if less than 10:
 semitm

29 Is the participant able to do a tandem (balance unaided) for 10 seconds? **tand**

Yes No (Code "0" if attempted, but unable)

↓

Number of Seconds if less than 10:
 tandtm