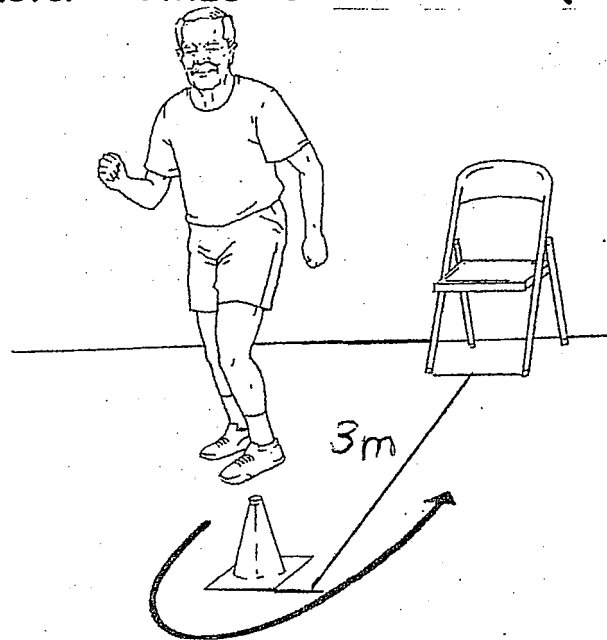


Walking Test #1 6 meter TIMED -UP-and-GO (TUG)



Purpose: provide a "snap shot" of agility and walking balance

Equipment: 1) sturdy chair, seat height 45cm (18in) placed against a wall
2) stop watch

3) measuring tape

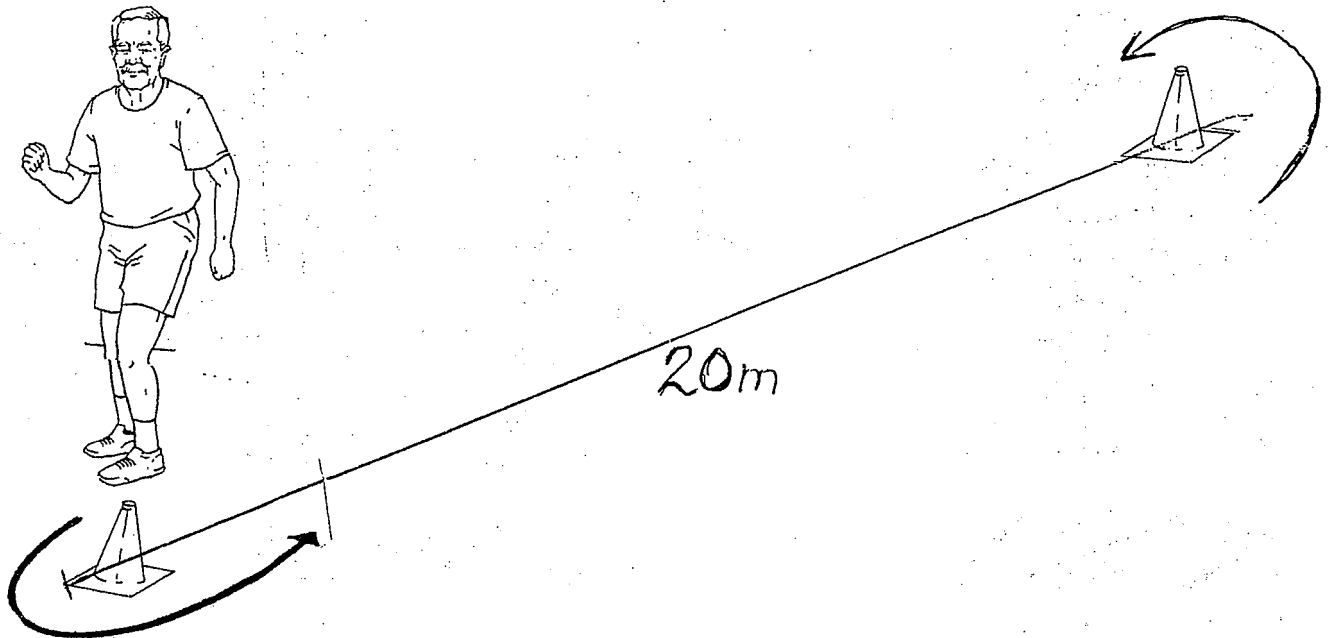
Procedure: Ensure that participant is wearing shoes and using the walking aid that they normally carry. Ask them to be seated. Place a mark/pylon located 3m (10ft) away. You should accompany them if you feel that they are unsteady. On the word "Go" they are to stand and walk "As quickly as you can safely" to the pylon and turn to proceed back to the chair. You stop the watch when they are again seated and record to the closest second.

Observations: use a cane or walker? Use of hands? difficulty going from sit to stand? Troubles turning? Appeared unsteady?

Record your comments on the Table.

Community dwelling seniors finish in 10sec or less and should continue on complete the 80m walk test. The 11- 19 sec range are in danger of losing their functional mobility. Those over 20sec cannot usually live independently.

Walking Test #2 Fast Self-Paced Walk Time to walk 80m



Purpose: to determine a persons walking speed and stamina

Equipment: measuring device & stop watch

Procedure: measure gym or hallway to determine a turning point; 20m (65.5ft) or 10m (32ft). Explain that they are to "walk at a fast pace without over exerting yourself" and to turn on the outside of the pylons. If they normally carry a cane, then they should use it for the test too. Say "Go".

Note the time at each 20 m turn. They can stop the test at any time! (If this happens just note the time and estimate the distance traveled and the limiting factor.)

Details: You may walk beside the person without touching them if they seem unsteady. You may talk to them and sneak in a Talk Test too. Note: cane or walker use? obvious shortness of breathe? Stumbling or unsteady? Limping?

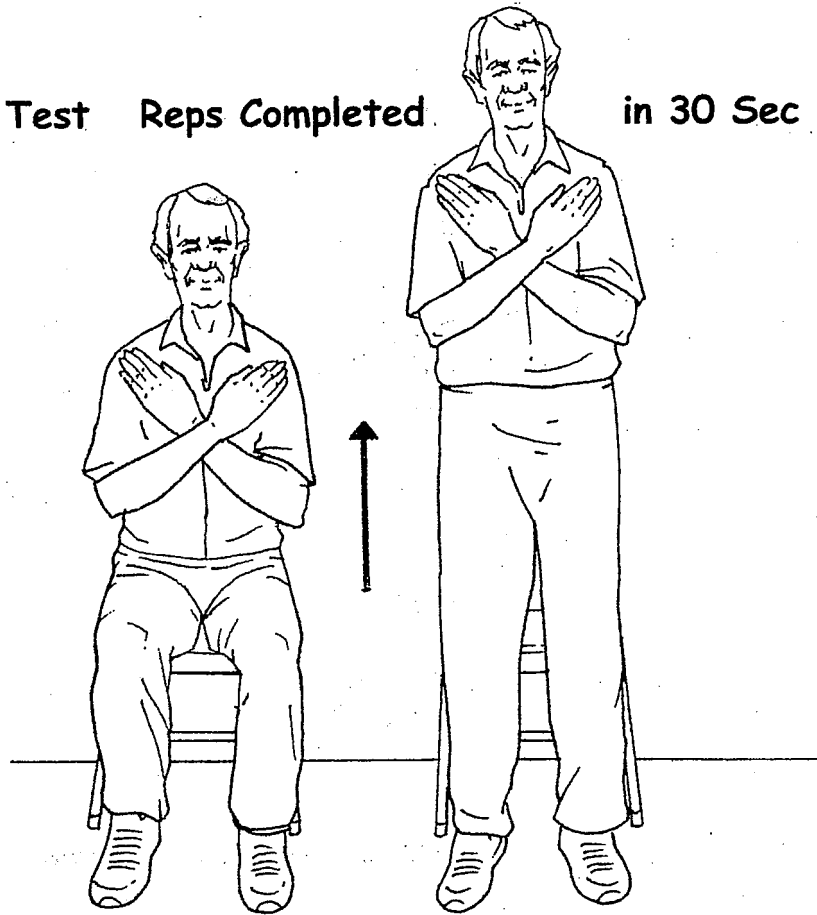
Slowing pace? Write comments in Table.

Remember: If pylons are spaced 10m = 4 revolutions

If pylons are spaced 20m = 2 revolutions

Most independent folks can cover 1 m/s , so will take 20sec to cover their first lap.

Sit to Stand Test Reps Completed in 30 Sec



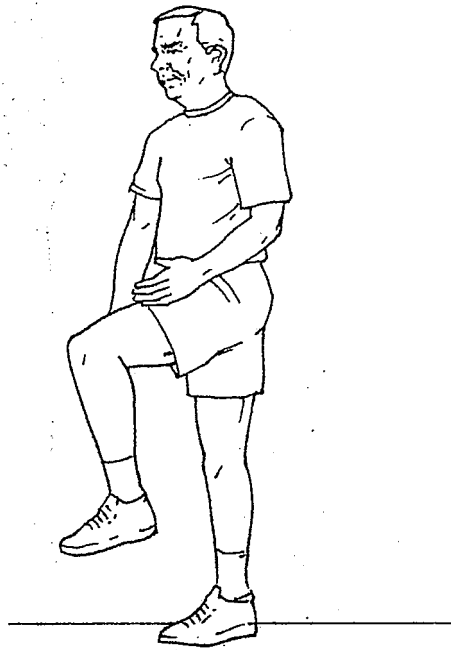
Purpose: to measure lower body strength & endurance

Equipment: 1) sturdy chair with seat height of 45 cm (18in) pushed hard against wall. 2) stop watch

Procedure: Ask participant to be seated on the edge of seat, both feet flat on floor and hands arms across chest. On the word "Go" they are to stand up as tall as possible and then sit down again. You keep track of the number of repetitions and note the time at the 5th rep, but don't stop counting until the 30 seconds have passed. If they are half way thru a rep at 30 seconds, give them credit for that repetition. (If they are not able to get up comfortably with their arms crossed, allow them to use their hands to push off, but make a note of this.

Details: use of arms to push off? Loss of balance? Fail to stand up completely? Drop into seated position? Shortness of breathe? Comment on the Table. Most independently living people can do 10 - 12 reps in 30 seconds. If the participant stops the test before 30 secs, note the limiting factor.

One Legged Balance Test Timed on Right and Left Foot



Purpose: assess participants ability to stand on one leg.

Equipment: stop watch

Procedure: ask participant to stand with their back to a wall.

Ensure that their heels are one foot from the wall. Stand facing your participant at arms length away for safety.

Explain that you will start your stop watch when they lift one foot off of the floor. Most people have a favorite side, so note which leg they start on. If they lift their Right foot, remember that you are recording their ability to balance over their Left leg! Stop your watch when both feet are touching the floor. (Stop the test if the person states that they can't do it or if there are wild, flailing movements)

Details: airplane arms? A lot of sway? Toe touching?

Most seniors <70 yrs can balance for only 3 secs! If your group is very vital, you can test as a group where you ask them all to lift the same foot, call of "GO" to start and then count off the seconds out loud. Each individual is responsible for reporting their stop time to you.

Standing Ankle Function: Degrees of Dorsiflexion



Purpose: determine ability to raise forefoot off of the floor in standing position. Measure R & L. This is an important factor in a normal gait pattern.

Equipment: Foot Protractor, resting on floor, next to a door frame or wall.

Procedure: Ask participant to step up onto the foot plates. They need to slide their heels back until they feel a stop bar. Explain that the plate with the moveable gauge arm will tip when they lift their forefoot upward. Instruct participant to "Raise your forefoot as high you can. You will feel you heel lowering toward the floor." Observe and prevent subject from leaning backward or flexing at the hip. Read the protractor and record. Assist them to step off backward and repeat procedure on opposite foot.

Details: note if they mention ++ stretching of the calf muscles, Did they try to flex at the hip, Did their toes appear to lift off of foot plate?

Less than 10 degrees of DF describes limitation.

