

## Ambulatory Status (Walking Ability) Rating Scales x 3

**Patient Name:** \_\_\_\_\_

**Date of Study:** \_\_\_\_\_

The following are three standardized scales, two on the front and one on the back, with which to rate individuals' walking ability (The first is only applicable to those with cerebral palsy or brain injuries.). Please read the directions carefully and rate your (child's) walking on each applicable scale. Please do not use dashes or half numbers. When in doubt, go with lower of two numbers. Feel free to speak with the Motion Analysis Center staff upon your arrival should you have any questions or difficulty.

### **Gross Motor Function Classification System for Cerebral Palsy (& Brain Injury):**

1-5 (1 best)

Palisano R et al. *Dev Med & Child Neurol* 1997;39:214-223.

NOT APPLICABLE (Patient does not have CP or history of brain injury)

**DIRECTIONS:** Please check only the one level below which best represents your (child's) usual performance (not best possible) in home, school, & the community at present. Please do not rate on hopes, goals or expectations.

- Level 1:**     ***Walks without restrictions; limitations in more advanced gross motor skills***  
Walks indoors and outdoors, and goes up/down stairs without limitations (including without railing if required); performs gross motor skills including running and jumping but speed, balance, and/or coordination generally reduced versus peers.
  
- Level 2:**     ***Walks without assistive devices; limitations walking outdoors and in the community***  
Walks indoors and outdoors; goes up/down stairs but requires the use of a railing for one or both; experiences limitations walking on uneven surfaces and inclines (hills), as well as walking in crowded or confined (tight) spaces; have at best minimal ability to perform gross motor skills such as running and jumping.
  
- Level 3:**     ***Walks with assistive device(s); limitations walking outdoors and in the community***  
Walks indoors or outdoors on a level surface with an assistive mobility device (e.g. crutch(es), walker, cane(s)/pole(s)/stick(s)); may have limited ability to climb stairs using railing and/or assistive device; often utilizes wheelchair or stroller (even if self-propels) for long distance mobility or outdoors on uneven terrain.
  
- Level 4:**     ***Limited self-mobility with assistive device(s); generally relies on wheeled mobility***  
Walks, at best, short distances with a walker and supervision or assistance (difficulty turning and maintaining balance), particularly on uneven surfaces; generally relies on wheeled mobility; transported in community; may include those independent with power wheelchair mobility.

### **Functional Mobility Scale:** 1-6 (6 best); 3 distinct distances

Graham HK et al. *J Ped Ortho.* Sep/Oct 2004; 24 (5); 514-20.

**DIRECTIONS:** Using the scale on the right below, please choose one number to describe your (child's) typical walking ability for each of the three distances in the table. Please write one and only one number in each of the blank cells (3) in the right hand column of the table.

Walking Distance	Rating
5 meters: <i>e.g. household, classroom</i>	
50 meters: <i>e.g. school hallways(empty)</i>	
500 meters: <i>e.g. mall, grocery store</i>	

**Level 1:** Uses wheelchair, stroller, scooter, shopping cart, wagon or is carried **OR** walks for exercise only with highly specialized/supportive walker (e.g. Gait Trainer, ring walker, Pony, etc.: generally with sling seat or saddle) **OR** does limited stepping with significant support/assistance from another person

**Level 2:** Uses regular front or reverse walker independently without help from another person

**Level 3:** Uses 2 crutches without help from another person

**Level 4:** Uses one crutch or 1-2 canes/poles/walking sticks **OR** touches furniture, walls, etc. for balance; no regular assistance (including hand hold) from another person for balance

**Level 5:** Independent walking on level surfaces (indoors, sidewalks, etc.) without any assistive device(s), assistance from another, nor the need to touch furniture, walls, etc. for support

**Level 6:** Independent walking and running on all surfaces (hills, stairs, uneven ground) without any assistive device(s) or help from another person.

## **Gillette Functional Assessment Questionnaire: 1-10 (10 best)**

Novachek TF et al. J Ped Ortho 2000;20; 75-81.

**DIRECTIONS:** Please check the one and only one level below which best describes your (child's) most typical walking ability. This may include/assume the use of any needed assistive devices and/or orthoses (braces)

- Level 3:** Walks for exercise/therapy only and/or less than typical household distances
- Level 4:** Walks for household distances, but makes slow progress; does not use walking at home as preferred mobility (primarily walks in therapy or as exercise)
- Level 5:** Walks more than 15-50 feet but only inside at home or school/classroom (walks for household distances)
- Level 6:** Walks more than 15-50 feet outside the home, but usually uses a wheelchair or stroller for community distances or in congested areas
- Level 7:** Walks outside the home for community distances, but only on level surfaces (can not perform curbs, uneven terrain, or stairs without assistance of another person)
- Level 8:** Walks outside the home for community distances; is able to perform curbs and uneven terrain in addition to level surfaces, but usually requires minimal assistance or supervision for safety
- Level 9:** Walks outside the home for community distances, easily gets around on level ground, curbs, and uneven terrain, but has difficulty or requires minimal assistance or supervision with running, climbing and/or stairs; has some difficulty keeping up with peers.
- Level 10:** Walks, runs, and climbs on level and uneven terrain and does stairs without difficulty or assistance; is typically able to keep up with peers