

Dynamic Gait Index

Name:		Age:	Gender:
Sex:	Date:	Signature:	
Assessor:		Assessor signature:	

1. Gait level surface

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

Grading: Check the lowest category that applies.

Score	Level of function	Description
<input type="checkbox"/> 0	Severe Impairment	<ul style="list-style-type: none"> • Cannot walk 20 ft./6m without assistance. • Has severe gait deviations or imbalance. • Reaches and touches the wall.
<input type="checkbox"/> 1	Moderate Impairment	<ul style="list-style-type: none"> • Walks 20 ft./6m at slow speed. • Has an abnormal gait pattern. • There's evidence for imbalance.
<input type="checkbox"/> 2	Mild Impairment	<ul style="list-style-type: none"> • Walks 20 ft./6m with assistive devices at a slower speed. • Has mild gait deviations.
<input type="checkbox"/> 3	Normal	<ul style="list-style-type: none"> • 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 1.5m.

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

Grading: Check the lowest category that applies.

Score	Level of function	Description
<input type="checkbox"/> 0	Severe Impairment	<ul style="list-style-type: none"> • Cannot change speeds or loses balance. • Needs to be caught or reach a wall.
<input type="checkbox"/> 1	Moderate Impairment	<ul style="list-style-type: none"> • 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 • Change in speed but loses balance but is able to recover and continue walking
<input type="checkbox"/> 2	Mild Impairment	<ul style="list-style-type: none"> • 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
<input type="checkbox"/> 3	Normal	<ul style="list-style-type: none"> • 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.

When I tell you to “LOOK RIGHT”, keep walking straight but turn your head to the right.

When I tell you to “LOOK LEFT”, keep walking straight but turn your head to the left.

When I tell you to “LOOK STRAIGHT”, keep walking straight but return your head to the center.

Grading: Check the lowest category that applies.

Score	Level of function	Description
<input type="checkbox"/> 0	Severe Impairment	<ul style="list-style-type: none">Performs task with severe disruptions of gait (i.e., staggers outside 15-inch/38-centimeter path, loses balance, stops, or reaches for wall)
<input type="checkbox"/> 1	Moderate Impairment	<ul style="list-style-type: none">Performs head turns with moderate change in gait velocity or speed.Staggers but recovers and can continue to walk.
<input type="checkbox"/> 2	Mild Impairment	<ul style="list-style-type: none">Performs head turns smoothly with slight changes in gait velocity (i.e., minor disruption to smooth gait path or uses walking aid).
<input type="checkbox"/> 3	Normal	<ul style="list-style-type: none">Performs head turn smoothly with no change in gait.

4. Gait with vertical head turns

Instructions: Begin walking at your normal pace.

When I tell you to “LOOK UP,” keep walking straight but tip your head and look up.

When I tell you to “LOOK DOWN,” keep walking straight and turn your head down. Keep your head down.

When I tell you to “LOOK STRAIGHT,” keep walking straight but return your head to the center.

Grading: Check the lowest category that applies.

Score	Level of function	Description
<input type="checkbox"/> 0	Severe Impairment	<ul style="list-style-type: none">Performs task with severe disruptions of gait (i.e. staggers outside 15-inch/38-centimeter path, loses balance, stops, or reaches for wall)
<input type="checkbox"/> 1	Moderate Impairment	<ul style="list-style-type: none">Performs head turns with moderate change in gait, velocity, or speed.Staggers but recovers and can continue to walk.
<input type="checkbox"/> 2	Mild Impairment	<ul style="list-style-type: none">Performs head turns smoothly with slight changes in gait velocity (i.e. minor disruption to smooth gait path or uses walking aid).
<input type="checkbox"/> 3	Normal	<ul style="list-style-type: none">Performs head turn smoothly with no change in gait.

5. Gait and pivot turn

Instructions: Begin walking at your normal pace.

When I tell you to “STOP AND TURN,” turn as quickly as you can to face the opposite direction and stop.

Grading: Check the lowest category that applies.

Score	Level of function	Description
<input type="checkbox"/> 0	Severe Impairment	<ul style="list-style-type: none">Cannot turn safely.Requires assistance to turn and stop.
<input type="checkbox"/> 1	Moderate Impairment	<ul style="list-style-type: none">Turns slowly, requiring verbal cueing.Requires several small steps to catch balance following turn.

<input type="checkbox"/> 2	Mild Impairment	<ul style="list-style-type: none"> • Pivot turns safely in greater than 3 seconds and stops with no loss of balance.
<input type="checkbox"/> 3	Normal	<ul style="list-style-type: none"> • 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.

Grading: Check the lowest category that applies.

Score	Level of function	Description
<input type="checkbox"/> 0	Severe Impairment	<ul style="list-style-type: none"> • Cannot perform the activity without assistance.
<input type="checkbox"/> 1	Moderate Impairment	<ul style="list-style-type: none"> • Able to step over the box but must stop then step over. • May require verbal cueing.
<input type="checkbox"/> 2	Mild Impairment	<ul style="list-style-type: none"> • Able to step over the box but must slow down and adjust steps to clear the box safely.
<input type="checkbox"/> 3	Normal	<ul style="list-style-type: none"> • Able to step over the box without changing gait speed. • No evidence of imbalance.

7. Step around obstacles

Instructions: Begin walking at your normal speed.

When you come to the cone (about 6 ft./1.8m away), walk around the right side of it.

When you come to the second cone (about 6 ft./1.8m past the first cone), walk around it to the left.

Grading: Check the lowest category that applies.

Score	Level of function	Description
<input type="checkbox"/> 0	Severe Impairment	<ul style="list-style-type: none"> • Unable to clear cones. • Walks into one or both cones. • Requires physical assistance.
<input type="checkbox"/> 1	Moderate Impairment	<ul style="list-style-type: none"> • Able to clear cones but must significantly slow speed to accomplish the task. • Requires verbal cueing.
<input type="checkbox"/> 2	Mild Impairment	<ul style="list-style-type: none"> • Able to step around both cones but must slow down and adjust steps to clear cones.
<input type="checkbox"/> 3	Normal	<ul style="list-style-type: none"> • Able to walk around cones safely without changing gait speed. • No evidence of imbalance.

8. Stairs

Instructions: Walk up these stairs as you would at home.

At the top, turn around and walk down.

Grading: Check the lowest category that applies.

Score	Level of function	Description
<input type="checkbox"/> 0	Severe Impairment	<ul style="list-style-type: none"> • Cannot perform safely.

<input type="checkbox"/> 1	Moderate Impairment	<ul style="list-style-type: none">• Two feet to a stair.• Must use rail.
<input type="checkbox"/> 2	Mild Impairment	<ul style="list-style-type: none">• Alternating feet.• Must use rail.
<input type="checkbox"/> 3	Normal	<ul style="list-style-type: none">• Alternating feet.• No rail needed.

TOTAL SCORE:

Narrative summary of findings

Additional notes