Functional Gait Assessment

Patient's full name: _____

Date assessed: _____   **Age:** _____   **Sex/gender:** _____

Assessor's full name: _____   **Assessor's signature:** _____

1. Gait level surface

Instructions: Tell your patient:

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

Pick the category that applies to your patient.

Score	Level of function	Description
☐ 0	Severe impairment	• Cannot walk 6 m (20 ft) without assistance. • Severe gait deviations or imbalance. • Deviates greater than 38.1 cm (15 in) outside of the 30.48-cm (12-in) walkway width or reaches and touches the wall.
☐ 1	Moderate impairment	• Walks 6 m (20 ft). • Slow speed. • Abnormal gait pattern. • Evidence for imbalance. • Deviates 25.4 – 38.1 cm (10 –15 in) outside of the 30.48-cm (12-in) walkway width. • Requires more than 7 seconds to ambulate 6 m (20 ft).
☐ 2	Mild impairment	• Walks 6 m (20 ft). • Slow speed. • Abnormal gait pattern. • Evidence for imbalance. • Deviates 25.4 – 38.1 cm (10 –15 in) outside of the 30.48-cm (12-in) walkway width. • Requires more than 7 seconds to ambulate 6 m (20 ft).
☐ 3	Normal	• Walks 6 m (20 ft) in less than 5.5 seconds. • No assistive devices. • Good speed. • No evidence for imbalance. • Normal gait pattern. • Deviates no more than 15.24 cm (6 in) outside of the 30.48-cm (12-in) walkway width.

2. Change in gait speed

Instructions: Tell your patient:

- Begin walking at your normal pace (for 1.5 m / 5 ft).
- When I tell you "go," walk as fast as you can (for 1.5 m / 5 ft).
- When I tell you "slow," walk as slowly as you can (for 1.5 m / 5 ft).

Pick the category that applies to your patient.

Score	Level of function	Description
☐ 0	Severe impairment	• Cannot change speeds • Deviates greater than 38.1 cm (15 in) outside 30.48-cm (12-in) walkway width, or loses balance and has to reach for wall or be caught
☐ 1	Moderate impairment	• Makes only minor adjustments to walking speed, or accomplishes a change in speed with significant gait deviations. • Deviates 25.4 –38.1 cm (10 –15 in) outside the 30.48-cm (12-in) walkway width, or changes speed but loses balance but is able to recover and continue walking.
☐ 2	Mild impairment	• Is able to change speed but demonstrates mild gait deviations • Deviates 15.24 –25.4 cm (6 –10 in) outside of the 30.48-cm (12-in) walkway width, or no gait deviations but unable to achieve a significant change in velocity, or uses an assistive device.
☐ 3	Normal	• 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 speeds. • Deviates no more than 15.24 cm (6 in) outside of the 30.48-cm (12-in) walkway width.

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3. Gait with horizontal head turns

Instructions: Tell your patient:

- Walk from here to the next mark 6 m (20 ft) away.
- Begin walking at your normal pace.
- Keep walking straight; after 3 steps, turn your head to the right and keep walking straight while looking to the right.
- After 3 more steps, turn your head to the left and keep walking straight while looking left.
- Continue alternating looking right and left every 3 steps until you have completed 2 repetitions in each direction.

Pick the category that applies to your patient.

Score		Level of function	Description
☐	0	Severe impairment	• Performs task with severe disruption of gait (eg, staggers 38.1 cm / 15 in outside 30.48-cm (12-in) walkway width, loses balance, stops, or reaches for wall).
☐	1	Moderate impairment	• Performs head turns with moderate change in gait velocity. • Slows down. • Deviates 25.4 –38.1 cm (10 –15 in) outside 30.48-cm (12-in) walkway width but recovers. • Can continue to walk.
☐	2	Mild impairment	• Performs head turns smoothly with slight change in gait velocity (eg, minor disruption to smooth gait path). • Deviates 15.24 –25.4 cm (6 –10 in) outside 30.48-cm (12-in) walkway width, or uses an assistive device.
☐	3	Normal	• Performs head turns smoothly with no change in gait. • Deviates no more than 15.24 cm (6 in) outside 30.48-cm (12-in) walkway width.

4. Gait with vertical head turns

Instructions: Tell your patient:

- Walk from here to the next mark (6 m / 20 ft).
- Begin walking at your normal pace.
- Keep walking straight; after 3 steps, tip your head up and keep walking straight while looking up.
- After 3 more steps, tip your head down, keep walking straight while looking down.
- Continue alternating looking up and down every 3 steps until you have completed 2 repetitions in each direction.

Pick the category that applies to your patient.

Score		Level of function	Description
☐	0	Severe impairment	• Performs task with severe disruption of gait (eg, staggers 38.1 cm / 15 in outside 30.48-cm (12-in) walkway width, loses balance, stops, reaches for wall).
☐	1	Moderate impairment	• Performs task with moderate change in gait velocity. • Slows down. • Deviates 25.4 –38.1 cm (10 –15 in) outside 30.48-cm (12-in) walkway width but recovers. • Can continue to walk.
☐	2	Mild impairment	• Performs task with slight change in gait velocity (eg, minor disruption to smooth gait path). • Deviates 15.24 –25.4 cm (6 –10 in) outside 30.48-cm (12-in) walkway width or uses assistive device.
☐	3	Normal	• Performs head turns with no change in gait. • Deviates no more than 15.24 cm (6 in) outside 30.48-cm (12-in) walkway width.

5. Gait and pivot turn

Instructions: Tell your patient:

- Begin with walking at your normal pace.
- When I tell you, "turn and stop," turn as quickly as you can to face the opposite direction and stop.

Pick the category that applies to your patient.

Score	Level of function	Description
☐ 0	Severe impairment	- Cannot turn safely, requires assistance to turn and stop.
☐ 1	Moderate impairment	- Turns slowly, requires verbal cueing, or requires several small steps to catch balance following turn and stop.
☐ 2	Mild impairment	- Pivot turns safely in 3 seconds and stops with no loss of balance, or pivot turns safely within 3 seconds and stops with mild imbalance, requires small steps to catch balance.
☐ 3	Normal	- Pivot turns safely within 3 seconds and stops quickly with no loss of balance.

6. Step over obstacle

Instructions: Tell your patient:

- Begin walking at your normal speed.
- When you come to the shoe box, step over it, not around it, and keep walking.

Pick the category that applies to your patient.

Score	Level of function	Description
☐ 0	Severe impairment	- Cannot perform without assistance.
☐ 1	Moderate impairment	- Is able to step over one shoe box (11.43 cm / 4.5 in total height) but must slow down and adjust steps to clear box safely. - May require verbal cueing.
☐ 2	Mild impairment	- Is able to step over one shoe box (11.43 cm [4.5 in] total height) without changing gait speed. - No evidence of imbalance.
☐ 3	Normal	- Is able to step over 2 stacked shoe boxes taped together (22.86 cm [9 in] total height) without changing gait speed. - No evidence of imbalance.

7. Gait with narrow base of support

Instructions: Tell your patient:

- Walk on the floor with arms folded across the chest, feet aligned heel to toe in tandem for a distance of 3.6 m / 12 ft.
- The number of steps taken in a straight line is counted for a maximum of 10 steps.

Pick the category that applies to your patient.

Score	Level of function	Description
☐ 0	Severe impairment	- Ambulates less than 4 steps heel to toe or cannot perform without assistance.
☐ 1	Moderate impairment	- Ambulates 4 –7 steps.
☐ 2	Mild impairment	- Ambulates 7–9 steps.
☐ 3	Normal	- Is able to ambulate for 10 steps heel to toe with no staggering.

8. Gait with eyes closed

Instructions: Tell your patient:

- Walk at your normal speed from here to the next mark (6 m / 20 ft) with your eyes closed.

Pick the category that applies to your patient.

Score	Level of function	Description
☐ 0	Severe impairment	• Cannot walk 6 m (20 ft) without assistance. • Severe gait deviations or imbalance. • Deviates greater than 38.1 cm (15 in) outside 30.48-cm (12-in) walkway width or will not attempt task.
☐ 1	Moderate impairment	• Walks 6 m (20 ft). • Slow speed. • Abnormal gait pattern. • Evidence for imbalance. • Deviates 25.4 –38.1 cm (10 –15 in) outside 30.48-cm (12-in) walkway width. • Requires more than 9 seconds to ambulate 6 m (20 ft).
☐ 2	Mild impairment	• Walks 6 m (20 ft). • Uses assistive device. • Slower speed. • Mild gait deviations. • Deviates 15.24 –25.4 cm (6 –10 in) outside 30.48-cm (12-in) walkway width. • Ambulates 6 m (20 ft) in less than 9 seconds but greater than 7 seconds.
☐ 3	Normal	• Walks 6 m (20 ft). • No assistive devices. • Good speed. • No evidence of imbalance. • Normal gait pattern. • Deviates no more than 15.24 cm (6 in) outside 30.48-cm (12-in) walkway width. • Ambulates 6 m (20 ft) in less than 7 seconds.

9. Ambulating backwards

Instructions: Tell your patient:

- Walk backwards until I tell you to stop.

Pick the category that applies to your patient.

Score	Level of function	Description
☐ 0	Severe impairment	• Cannot walk 6 m (20 ft) without assistance. • Severe gait deviations or imbalance. • Deviates greater than 38.1 cm (15 in) outside 30.48-cm (12-in) walkway width or will not attempt task.
☐ 1	Moderate impairment	• Walks 6 m (20 ft). • Slow speed. • Abnormal gait pattern. • Evidence for imbalance. • Deviates 25.4 –38.1 cm (10 –15 in) outside 30.48-cm (12-in) walkway width.
☐ 2	Mild impairment	• Walks 6 m (20 ft). • Uses assistive device. • Slower speed. • Mild gait deviations. • Deviates 15.24 –25.4 cm (6 –10 in) outside 30.48-cm (12-in) walkway width.
☐ 3	Normal	• Walks 6 m (20 ft). • No assistive devices. • Good speed. • No evidence for imbalance. • Normal gait pattern. • Deviates no more than 15.24 cm (6 in) outside 30.48-cm (12-in) walkway width.

10. Steps

Instructions: Tell your patient:

- Walk up these stairs as you would at home (ie, using the rail if necessary).
- At the top turn around and walk down.

Pick the category that applies to your patient.

Score	Level of function	Description
☐ 0	Severe impairment	• Cannot do safely.
☐ 1	Moderate impairment	• Two feet to a stair; must use rail.
☐ 2	Mild impairment	• Alternating feet, must use rail.
☐ 3	Normal	• Alternating feet, no rail.

Total score: _____ **/ 30**

Note: An FGA cutoff score of less than or equal to 22/30 is effective in classifying fall risk in older adults and predicting unexplained falls in community-dwelling older adults.

Reference

Wrisley, D. M., & Kumar, N. A. (2010). Functional GAIT Assessment: Concurrent, discriminative, and Predictive validity in community-dwelling older adults. *Physical Therapy,* 90(5), 761–773. https://doi.org/10.2522/ptj.20090069