

## Outcome Measures Quick Reference Guide and Exercise Suggestions

### **Gait Speed**

Normal=1.2-1.4 m/sec (1m= 3.3 ft)

MCID is 0.1 m/sec

0.5 m/sec= household ambulatory at risk for falls

0.8 m/sec= community ambulatory

< 1.0 m/sec= risk for health related functional decline

<0.6 m/sec indicates likelihood for hospitalization, dependence with ADLs/IADLs, high fall risk

### **Chair Stand Test**

5x chair stand >15 sec= associated with fall risk and frailty

30 sec chair stand <8 reps= risk for mobility disability and frailty

### **Stair Climb Test**

<10 sec without rails= independent level of physical activity to do whatever one wants

10-30 sec with or without rails indicates mobility disability requiring patient to make choices on activity participation

30-50 sec with rails= frailty and requiring help with ADLs

### **Functional Reach Test**

> 10 inches= Normal, low fall risk

6-10 inches= risk of falling 2x greater than normal

<6 inches= risk of falling 4x greater, predictive of falling within next 6 months

### **SPPB**

10 or less= mobility disability

### **TUG**

13.5 sec= high fall risk

30 sec indicates significant difficulty with ADLs, predictive of requiring ambulation device

### **4 Square Step Test**

>15 sec= high fall risk

### **Tinetti**

< 19 indicates high risk for falls

19-23 indicates risk for falls

Minimal detectable change= 4 points

### **Sitting Rising Test**

>8= normal

6-7.5= 2x increase from normal in 6 year mortality rate

3.5-5.5= 4x increase

< 3= 6x increase

### **MAHC-10**

Score of > 4 indicates risk for falling

### **Single Leg Stance**

30 sec. or greater= low risk of falls

<5 sec. = high risk of injurious fall

### **360 Degree Turn Test**

Normal= < 3.8 sec

> 3.8 sec indicates ↑ rate of dependence

### **DGI**

MCID= 2 points

19 or less= moderate fall risk

### **FGA**

<22/30= increased fall risk

# Outcome Measures Quick Reference Guide and Exercise Suggestions

## **Gait Speed**

Changing speeds: fast, slow, comfortable.  
Quick direction changes, quick stops, half turns, 4 square stepping, marching, hip extension, plantarflexion, metronome use

## **Chair Stand Test**

Marching in place, step ups, chair push-ups, repeated chair rises from various heights with decreasing UE use, emphasis on eccentric control, mini squats, postural exercises, hip extension/gastroc stretching

## **Stair Climb Test**

Step taps, step ups, quarter lunges, mini squats, depth perception activities

## **Functional Reach Test**

Seated and standing dynamic reaching in all planes, hip extension and trunk strength, wedge training, gastroc stretching

## **TUG**

See gait speed and chair stand exercises

## **4 Square Step Test**

Weight shifting in all planes, sidestepping, backpedaling, marching in place, dowel step overs side to side and forward/backward, multi-directional stepping

## **Tinetti/DGI/FGA**

See gait speed and chair stand. Rhomberg stance, semi-tandem to tandem stance eyes open then closed, gaze stabilization, tandem walking, gait with head movements, obstacle negotiation, uneven surface ambulation, toe walking, heel walking, dual tasking, figure 8 walking, cross over stepping, backpedaling, step taps

## **Sitting Rising Test/FTT**

Stretching and flexibility. Trunk and LE strength activities. Postural control, sensory integration and balance activities. Floor transfer sequencing with decreasing UE use, 4 point prone position elevating arms/legs

## **Single Leg Stance**

Marching in place with decreasing UE support, pelvic tilts, hip extension/abduction/adduction with progressive resistance in seated and standing, postural control and sensory integration activities, ankle strategy development

## **360 Degree Turn Test**

Weight shifting, marching in place, 4 square stepping, head turns and gaze stabilization activities, object fixation while turning to improve step latency, single leg stance, hip circles