**PATIENT NAME:** _____ **DATE:** _____

Note: because the norms and cutoff scores below were based on data from community-dwelling and healthy adults, none of the included reference values were critically appraised nor referenced in the publication: Moore JL, Potter K, Blankshain K, Kaplan SL, O'Dwyer LC, Sullivan JE. A core set of outcome measures for adults with neurologic conditions undergoing rehabilitation: A clinical practice guideline. *J Neurol Phys Ther*. 2018;42:174-220.

**Instructions for Physical Therapists:** Record the patient's original and current scores for each measure. Click in the appropriate circle to indicate if and how the current score has changed compared to the original score. Click in each square if the current score is comparable to published normative data. Click in the appropriate circle to identify whether or not each current score places them at risk of falling. If you print this page prior to completing it, circle the appropriate icons instead of clicking.

| | ORIGINAL SCORE Date: _____ | CURRENT SCORE Date: _____ | | AVERAGE SCORE *Star indicates that current score is within normal limits.* | DOES SCORE INDICATE YOU'RE AT HIGHER RISK OF FALLING? |
|---|---|---|---|---|---|
| | | | | | Based on data from community-dwelling and/or healthy adults |
| **Comfortable Walking Speed** 10mWT comfortable  higher scores indicate faster pace | _____m/s | ↑ Faster  = Same  ↓ Slower | _____m/s | • 1.27-1.46 m/s depending on age/gender | <1.0 m/s may indicate fall risk |
| **Fast Walking Speed** 10mWT fast  higher scores indicate faster pace | _____m/s | ↑ Faster  = Same  ↓ Slower | _____m/s | • 1.75-2.53 m/s depending on age/gender | n/a |
| **Walking Distance** 6MWT  higher scores indicate farther distance | _____meters | ↑ Farther  = Same  ↓ Shorter | _____meters | • 471-636 meters depending on age and gender for adults up to 80yo • 392-417 meters depending on gender for adults 80-89yo | n/a |
| **Standing Balance** BBS  higher scores indicate better balance | _____/56 | ↑ Steadier  = Same  ↓ Less Steady | _____/56 | • 50-55/56 depending on age and gender for adults 60-89yo | ≤50/56 may indicate fall risk |
| **Walking Balance** FGA  higher scores indicate better balance | _____/30 | ↑ Steadier  = Same  ↓ Less Steady | _____/30 | • 27.1-28.9/30 depending on age and gender for adults 40-69yo • 20.8-24.9/30 depending on age and gender for adults 70-89yo | <22/30 may indicate fall risk |
| **Balance Confidence** ABC  higher scores indicate more confidence | _____% | ↑ More  = Same  ↓ Less | _____% | • 79.89% among community-dwelling older adults with average age of 70.96yo | <67% may indicate fall risk |
| **Ability to Perform Transfers** 5TSTS  lower scores indicate faster transfers | _____sec | ↓ Faster  = Same  ↑ Slower | _____sec | • 6.2-8.1 sec depending on age and gender for adults 19-69yo • 10.0-10.6 sec depending on age and gender for adults 70-89yo | ≥12 sec may indicate fall risk |

# REFERENCES

*Note: because this Report Card's norms and cutoff scores were based on data from community-dwelling and healthy adults, none of the included reference values were critically appraised nor referenced in the publication: Moore JL, Potter K, Blankshain K, Kaplan SL, O'Dwyer LC, Sullivan JE. A core set of outcome measures for adults with neurologic conditions undergoing rehabilitation: A clinical practice guideline. J Neurol Phys Ther. 2018;42:174-220.*

## References for Normative Values

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3. Berg Balance Scale (BBS)
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4. Functional Gait Assessment (FGA)
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5. Activities-Specific Balance Confidence Scale (ABC)
   - Huang TT, Wang WS. Comparison of three established measures of fear of falling in community-dwelling older adults: Psychometric testing. *Int J Nurs Stud.* 2009. doi:10.1016/j.ijnurstu.2009.03.010

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## References for Cutoff Scores

1. 10 Meter Walk Test (10mWT)
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2. 6 Minute Walk Test (6MWT)
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