

Dynamic Gait Index

DGI Test Item	SS	APC	RPC
1. Gait level surfaces		PM	
2. Change in Gait Speed		PM	
3. Gait with Horizontal Head Turns		SP MT	
4. Gait with Vertical Head Turns		SP MT	
5. Gait and Pivot Turn		PM	
6. Step over Obstacle		PM	
7. Step Around Obstacles		PM	
8. Steps		PM	

Equipment Needs

- Stopwatch
- 20 foot walkway
- Obstacle of 9" height (22.9 cm) using 2 stacked shoeboxes
- Set of steps that are 7 ¾ in high with bilateral rails

Diagnosis	Fall risk cut-off	MDC/MCID
Stroke (Chronic)	<16.5 points	MDC: 4 points MCID: not available
Parkinson's Disease	<19 points	MDC: 2.9 points MCID: not available
Vestibular	<19 points	MDC: 4 points MCID: 4 points
Multiple Sclerosis	<12 points	MDC: not available MCID: not available

Considerations

- Individuals should walk without assistance of another person.
- Document any assistive device and/or bracing used.
- Some items specify a score based on use of an assistive device; if use of a device is not specified for scoring in a particular item, the patient should be tested without the device.
- Subsequent assessments should be completed with same device.

ANPT Movement System Diagnoses for Balance Dysfunction Knowledge Translation Task Force

Handout created by: Christina Burke, PT, DPT, NCS; Heidi Moyer, PT, DPT, GCS; Ana Sanchez Junkin, PT, DPT, NCS; Suzanne Trojanowski, PT, DPT, NCS; Wendy Kriekels, PT, DPT, NCS; Arco Paul, PT, PhD, NCS

KEY

Items suggestive of deficits in the areas indicated in the table.

SS = Steady state

APC = Anticipatory postural control

RPC = Reactive postural control

BC = Balance confidence

PV = Perception of verticality

PM = Postural movement strategies

SP = Sensory processing

MT = Multi-tasking

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