

# Outcome Measures Cheat Sheet

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## Fact Sheet

### References



Produced by



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Outcome Measure	Community Dwelling Fall Risk Cut Off	Age Norms or Population Cut-Offs	
Functional Gait Assessment	<22/30	40 - 49 yo: 28.9 50-59 yo: 28.4 60-69 yo: 27.1	70-79 yo: 24.9 80-89 yo: 20.8
Five Times Sit to Stand	≥ 12 secs	19-69 yo: 6.2-8.1 sec 70-89 yo: 10.0-10.6 sec	
Gait Speed	Forward: <1.0 m/s	Men: 60-69 years: 1.34 m/s 70-79 years: 1.26 m/s 80-99 years: 0.94 m/s	Women: 60-69 years: 1.24 m/s 70-79 years: 1.13 m/s 80-99 years: 0.97 m/s
Backwards walking	0.27 m/s comfortable speed 0.30 m/s fast speed		
3 Meter Backwards Walking Test	PD: 4.2 sec MS: 7.86 sec	Males: Low risk: <2.23 seconds Average risk: 2.23-3.00 sec High risk: >3.00 seconds	Females: Low risk: <2.60 seconds Average risk: 2.60-3.50 sec High risk: >3.50 seconds
BERG Balance Test	<45/56	60-69 yo: 55.3 70-79 yo: 53.8 80-89 yo: 51.7	
Dynamic Gait Index	<19/24	50-59 yo: 22-24 60-69 yo: 21-24 70-79 yo: 13-24	
Timed Up and Go (TUG)	>=13.5 sec	60-69 yo: 8.1 s 70-79 yo: 9.2 s 80-99 yo: 11.3 s	
Single Leg Stance (eyes open)	<6.5 seconds	60-69 yo: 26.9 s 70-79 yo: 15.0 s 80-99 yo: 6.2 s	
MiniBESTest	60-69 yo: 25/28 70-79 yo: 23/28 80-89 yo: 22/28 90+: 17/28	PD Cut off: ≤19/28 Chronic Stroke: ≤17.5/28 Balance disorders: 20.5/28	
Four Square Step	>15 seconds	Avg FSST time: 8.7-9.68 sec	
ABC Scale	<67% PD: <69% Stroke: <81.1%	20-59 years: 87-95% 60-89 years: 79-89%	