











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.

	ORIGINAL SCORE Date: _____	SCORE 1 Date: _____	SCORE 2 Date: _____	SCORE 3 Date: _____	FALL RISK? Based on data from community-dwelling and/or healthy adults	COMMENTS
Comfortable Walking 10mWT	_____m/s	_____m/s	_____m/s	_____m/s	 	
Fast Walking 10mWT	_____m/s	_____m/s	_____m/s	_____m/s	N/A	
Walking Distance 6MWT	_____meters	_____meters	_____meters	_____meters	N/A	
Standing Balance BBS	_____/56	_____/56	_____/56	_____/56	 	
Walking Balance FGA	_____/30	_____/30	_____/30	_____/30	 	
Balance Confidence ABC	_____%	_____%	_____%	_____%	 	
Sit to/from Stand 5TSTS	_____sec	_____sec	_____sec	_____sec	 	

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.

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.

1. Comfortable Speed and Fast Speed: 10 Meter Walk Test (10mWT)
 - Average Scores, Comfortable: 1.27-1.46 m/s depending on age/gender
 - Average Scores, Fast: 1/75-2.53 m/s depending on age/gender
 - i. Bohannon RW. Comfortable and maximum walking speed of adults aged 20-79 years: Reference values and determinants. *Age Ageing*. 1997. doi:10.1093/ageing/26.1.15
 - <1.0 m/s comfortable pace indicates fall risk requiring interventions
 - i. Fritz S, Lusardi M. White paper: "walking speed: The sixth vital sign." *J Geriatr Phys Ther*. 2009. doi:10.1519/00139143-200932020-00002
2. Distance: 6 Minute Walk Test (6MWT)
 - Average Scores for adults up to 80 years old: 471-636 meters depending on age and gender
 - Average Scores for adults 80-89 years old: 392-417 meters depending on gender
 - i. Enrichi PL, Sherrill DL. Reference equations for the six-minute walk in healthy adults. *Am J Respir Crit Care Med*. 1998. doi:10.1164/ajrccm.161.4.16147a
 - ii. Steffen TM, Hacker TA, Mollinger L. Age- and gender-related test performance in community-dwelling elderly people: Six-Minute Walk Test, Berg Balance Scale, Timed Up & Go Test, and gait speeds. *Phys Ther*. 2002. doi:10.1093/ptj/82.2.128
3. Standing Balance: Berg Balance Scale (BBS)
 - Average Scores for adults 60-89yo: 50-55/56
 - i. Steffen TM, Hacker TA, Mollinger L. Age- and gender-related test performance in community-dwelling elderly people: Six-Minute Walk Test, Berg Balance Scale, Timed Up & Go Test, and gait speeds. *Phys Ther*. 2002. doi:10.1093/ptj/82.2.128
 - $\leq 50/56$ indicates fall risk
 - i. Lusardi MM, Fritz S, Middleton A, et al. Determining Risk of falls in community dwelling older adults: A systematic review and meta-analysis using posttest probability. *J Geriatr Phys Ther*. 2017. doi:10.1519/JPT.0000000000000099
4. Walking Balance: Functional Gait Assessment (FGA)
 - Average Scores for adults 40-69yo: 27.1-28.9/30 depending on age and gender
 - Average Scores for adults 70-89yo: 20.8-24.9/30 depending on age and gender
 - i. Walker ML, Austin AG, Banke GM, et al. Reference Group Data for the Functional Gait Assessment. *Phys Ther*. 2007. doi:10.2522/ptj.20060344
 - <22/30 indicates fall risk
 - i. Wrisley DM, Kumar NA. Functional Gait Assessment: Concurrent, Discriminative, and Predictive Validity in Community-Dwelling Older Adults. *Phys Ther*. 2010. doi:10.2522/ptj.20090069
5. Balance Confidence: Activities-Specific Balance Confidence Scale (ABC)
 - Average Scores for adults with average age of 70.96yo: 79.89%
 - i. 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
 - <67% indicates fall risk
 - i. Lajoie Y, Gallagher SP. Predicting falls within the elderly community: Comparison of postural sway, reaction time, the Berg balance scale and the Activities-specific Balance Confidence (ABC) scale for comparing fallers and non-fallers. *Arch Gerontol Geriatr*. 2004. doi:10.1016/S0167-4943(03)00082-7
6. Transfers: 5 Times Sit-to-Stand (5TSTS)
 - Average scores for adults 19-69yo: 6.2-8.1 sec
 - Average scores for adults 70-89yo: 10.10-10.6 sec
 - i. Bohannon RW, Shove ME, Barreca SR, Masters LM. *Five-Repetition Sit-to-Stand Test Performance by Community-Dwelling Adults : A Preliminary Investigation of Times , Determinants , and Relationship with Self-Reported Physical Performance.*; 2007.
 - ≥ 12 seconds indicates fall risk
 - i. Tiedemann A, Shimada H, Sherrington C, Murray S, Lord S. The comparative ability of eight functional mobility tests for predicting falls in community-dwelling older people. *Age Ageing*. 2008. doi:10.1093/ageing/afn100