

Balance and Gait Tasks Data Sheet

table: balance_gait

ID# subj_id, visit_number

Date study_date

Timed Up & Go

upgo_incomplete_code (refused 1, unable physically 2, all other codes are 'partially incomplete'. If 1 or 2 skips to Dual Task)

TUG Time: upgo_secs seconds

Assistive device used? _____ yes _____ no upgo_assist_yn (if N skip to Dual Task)

upgo_assist_code

(cane 1, quadcane 2, four-pronged walker 3,
two-wheeled walker 4, four-wheeled walker 5, other 6)

If yes, please check one: _straight cane _quad cane _4 pronged walker
_2 wheel walker _4 wheel walker _other upgo_assist_other

Dual Task Method

dual_task_incomplete_code (refused 1, unable physically 2, all other codes are partially incomplete. If 1 or 2 skips to Standing Balance)

1. Dual Task 1

Instructions: Perform Timed Up & Go while counting backwards by 3. Start at 125.

Time 1: upgo_countback_secs sec # Subtractions upgo_countback_subs #

Mistakes upgo_countback_errs

Assistive device used? _____ yes _____ no upgo_countback_assist_yn

2. Dual Task 2

Instructions: Perform Timed Up & Go while stepping over a small object.

Time 2: upgo_object_secs sec

Assistive device used? _____ yes _____ no upgo_object_assist_yn

Hit Obstacle? _____ yes _____ no upgo_object_hit_yn

3. Dual Task 3

Instructions: Perform Timed Up & Go while stepping over a small object and counting backwards by 3. Start at 90.

Time 3: upgo_countback_object_secs sec

Subtractions upgo_countback_object_subs

Mistakes upgo_countback_object_errs

Assistive device used? ____ yes ____ no upgo_countback_object_assist (YN)

Hit Obstacle? ____ yes ____ no upgo_countback_object_hit_yn

Balance and Gait Tasks Data Sheet (cont.)

Test of Standing Balance

standing_balance_incomplete (refused 1, unable physically 2, all other codes are partially incomplete. If 1 or 2 skips to end.)

Scoring Instructions:

0 = The participant was unable to complete the test

1 = Able to hold a side-by-side standing position for 10 sec, but was unable to hold a semi-tandem position for 10 sec

2 = Able to hold a semi-tandem position for 10 sec, but was unable to hold a tandem position for more than 2 sec

3 = Able to stand in tandem position for 3–9 sec

4 = Able to hold the tandem position for 10 sec

1. Side by side (10 sec) side_by_side_secs seconds

2. Semi – tandem (Big toe of one foot placed at the side of the heel of the other foot) semi_tandem_secs seconds

3. Tandem (Heel of one foot directly in front of the toes of the other foot) tandem_secs seconds

Wore socks? ____ yes ____ no wore_socks_yn

All tests completed? ____ yes ____ no entered as appropriate incomplete codes.

If no, why? _____

standing_balance_score (calculated in database as follows:)

```
standing_balance_score := 0;
if side_by_side_secs,0) < 10 then
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```
    standing_balance_score := 0;
else
  /* to get here side_by_side >= 10 */
  if semi_tandem_secs < 10 then
    standing_balance_score := 1;
  else
    /* to get here side_by_side >= 10 and semi_tandem >= 10 */
    if tandem_secs < 3 then
      standing_balance_score := 2;
    elsif tandem_secs >= 3 and tandem_secs < 10 then
      standing_balance_score := 3;
    elsif tandem_secs >= 10 then
      standing_balance_score := 4;
    end if;
  end if;
end if;
```