

Balance and Gait Tasks Data Sheet

ID# _____

Date _____

Timed Up & Go

TUG Time: _____ seconds

Assistive device used? _____ yes _____ no

If yes, please check one: straight cane quad cane 4 pronged walker
 2 wheel walker 4 wheel walker other _____

Dual Task Method

1. Dual Task 1

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

Time 1: _____ sec # Subtractions _____ # Mistakes _____

Assistive device used? _____ yes _____ no

2. Dual Task 2

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

Time 2: _____ sec

Assistive device used? _____ yes _____ no Hit Obstacle? _____ yes _____ no

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: _____ sec # Subtractions _____ # Mistakes _____

Assistive device used? _____ yes _____ no Hit Obstacle? _____ yes _____ no

Balance and Gait Tasks Data Sheet (cont.)

Test of Standing Balance

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

Time

1. Side by side (10 sec) _____ seconds

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

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

Wore socks? _____ yes _____ no

All tests completed? _____ yes _____ no

If no, why? _____
