

# Report Cards for the Annual Mobility Assessment

This document has one generic score sheet for the APTA Geriatrics Annual Mobility Assessment. After that, there are sex and age specific report cards with the mean and plus/minus one standard deviation marked. The sex and age specific report cards can be used to save time in looking up normative data in the Interpretation Guide and also provide the participant with the normative data.

All the report cards are then repeated with space for participants who come back for repeat visits and their previous scores can be written in.

More information on the Annual Mobility Assessment [can be found here](#).

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Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

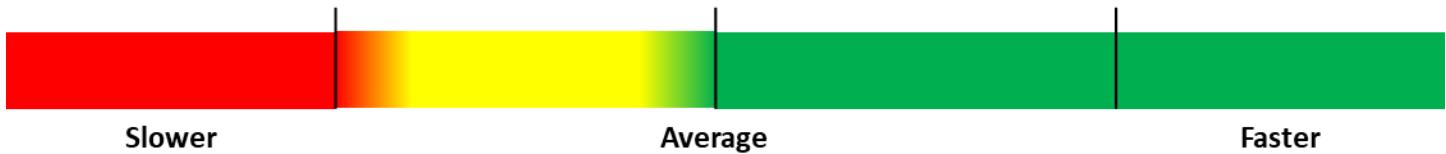
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## Usual Walking Speed:

This is a measure of your overall mobility.

Your score is        meters/second.

Less than 0.7 meters/second suggests a higher risk of falling, future mobility problems, and declining health.

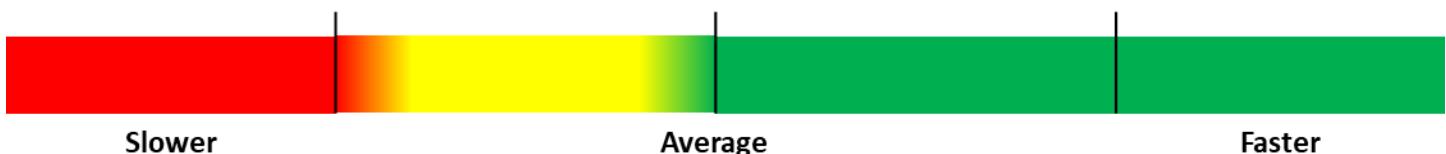


## Fast Walking Speed:

This is a measure of your maximum mobility potential.

Your score is **meters/second.**

Less than 1.10 meters/second suggests a higher risk of falling, future mobility problems, and declining health.

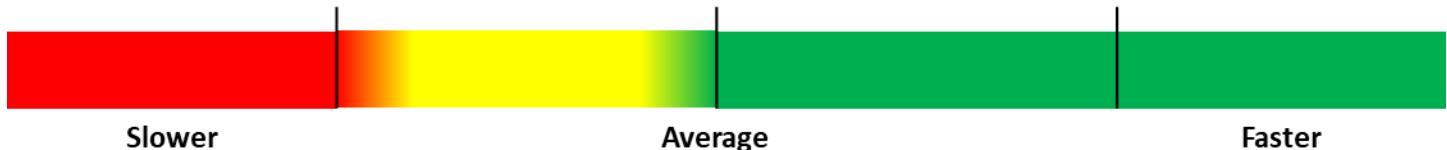


### **30 Second Sit to Stand Test:**

This is a measure of your leg strength and power.

Your score is \_\_\_\_\_ **stands**

Less than 7 stands suggests a higher risk of falling and future mobility problems.

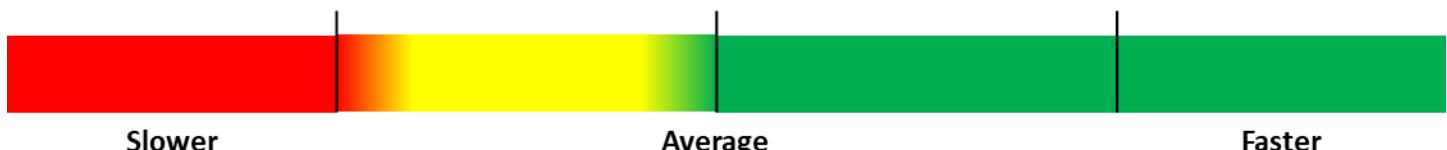


### **The Four-Square Step Test:**

This is a measure of how quickly you can move in different directions and step over objects. It is an indicator of your dynamic balance.

Your score is \_\_\_\_\_ **seconds**.

More than 15 seconds or not being able to complete the test suggests a higher risk of falling and future mobility problems.



### **The Timed Up and Go Test:**

This is a measure of your balance and mobility.

Your score is \_\_\_\_\_ **seconds**.

More than 12 seconds suggests a higher risk of falling and future mobility problems.

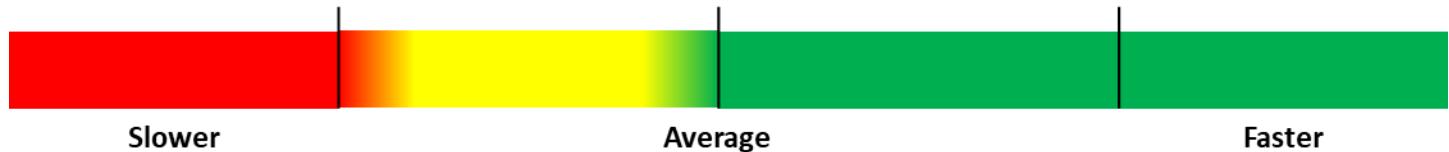


## **The Timed Up and Go Test with a Cognitive Task:**

This is a measure of how well you can do two things at the same time.

Your score is \_\_\_\_\_ **seconds**.

More than 13.5 seconds suggests a higher risk of falling and future mobility problems.



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## **Summary of Physical Performance Tests**

	<b>Red</b>	<b>Yellow</b>	<b>Green</b>
<b>Usual Gait Speed</b>			
<b>Fast Gait Speed</b>			
<b>30 Second Sit to Stand</b>			
<b>Four-Square Step Test</b>			
<b>Timed Up and Go</b>			
<b>Timed up and Go with a Cognitive Task</b>			

## **Falls Risk**

As part of the intake form, you were asked about your concerns around falling, if you have fallen, and if you feel unsteady.

You answered "yes" to \_\_\_\_\_ questions about falling.

If you answered yes to any of these questions, and had mobility scores in the yellow or red, you may need a full falls risk assessment. Ask your primary care provider to refer you to a physical therapist with expertise in reducing risk of future falls.

## Your Activity Levels

	Little Activity	Some Activity	Meeting Guidelines	Exceeding Guidelines
<b>Aerobic Training</b>				
<b>Resistance Training</b>				
<b>Balance Training</b>				

## Physical Activity Guidelines

The National Institutes of Health (NIH) recommends the following physical activity levels for adults:

- Some activity is better than none. Sitting less and doing any amount of moderate or vigorous physical activity will benefit your health.
- At least 150 minutes of moderate or 75 minutes of vigorous activity per week. A mix of both moderate and vigorous activity is also acceptable.
- Muscle-strengthening activities that work all major muscle groups on two or more days a week.
- Those 65 years of age or older should engage in activities that challenge balance at least once each week, but those under 65 may also benefit from balance training.

## **What Should You Do Now?**

Everyone is encouraged to work towards meeting the NIH Physical Activity Guidelines. The more you move, the more likely you are to maintain your mobility.

If **ALL** your results fall into the green boxes, you're moving well. Continue to prioritize physical activity and exercise. If you are not meeting the physical activity guidelines, consider working towards these recommendations.

If **SOME** or all of your results fall into the yellow boxes, future mobility problems are likely. Take steps to increase your level of activity and exercise! You may consider an appointment with a physical therapist for guidance and suggestions about improving your mobility and reducing your level of risk.

If **ANY** of your results fall into the red boxes, you should make an appointment with a physical therapist or your health care provider for further evaluation and intervention to improve your mobility and reduce your risk of falls and health decline.

## **Specific Recommendations:**

Based on your assessment, your physical therapist recommends the following.

- No referral necessary
- Start exercises based on results
  - Squats, sit to stand exercises
  - Ankle strengthening
  - Lunging exercises
  - Upper extremity strengthening
  - Other
  - Static balance exercises
  - Dynamic balance exercises
  - Walking program
  - Stair climbing

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- Referral to a community-based program:

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- Referral to physical therapy:

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- Referral to another healthcare professional:

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**Physical Therapist Name:** \_\_\_\_\_

**Physical Therapist Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

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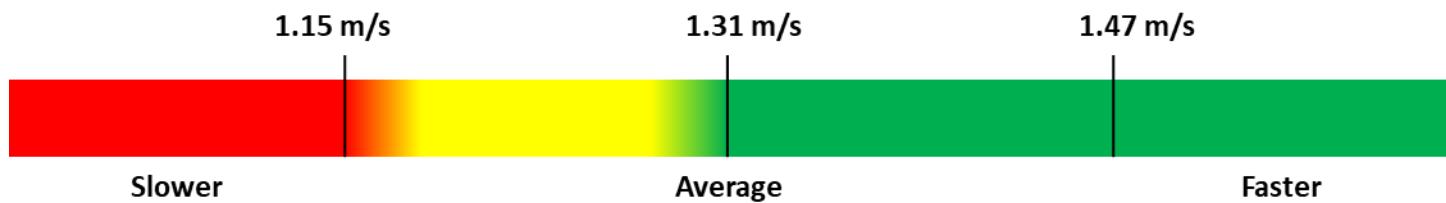
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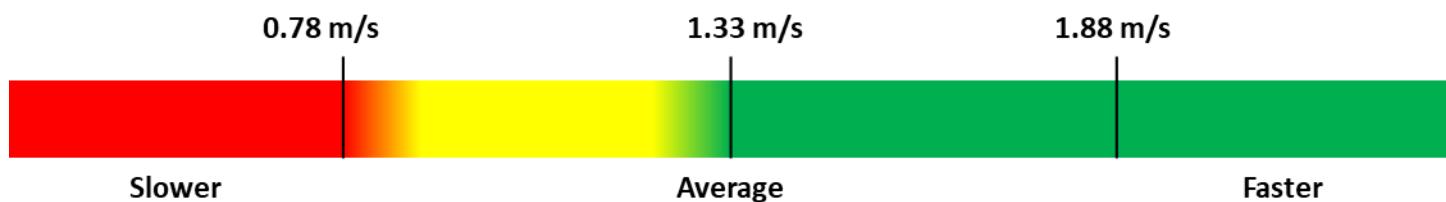


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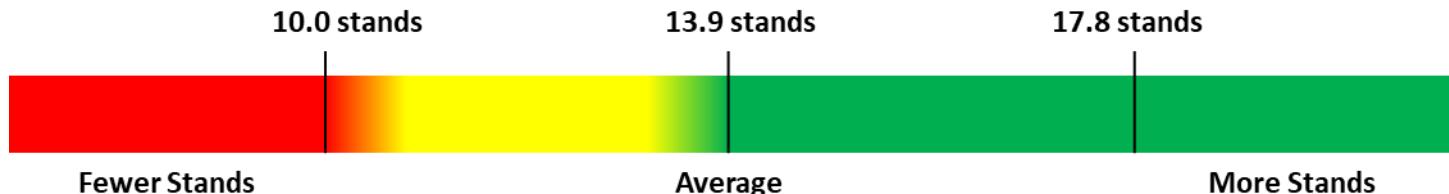


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This is a measure of your leg strength and power.

Your score is \_\_\_\_\_ stands

Less than 7 stands suggests a higher risk of falling and future mobility problems.



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This is a measure of how quickly you can move in different directions and step over objects. It is an indicator of your dynamic balance.

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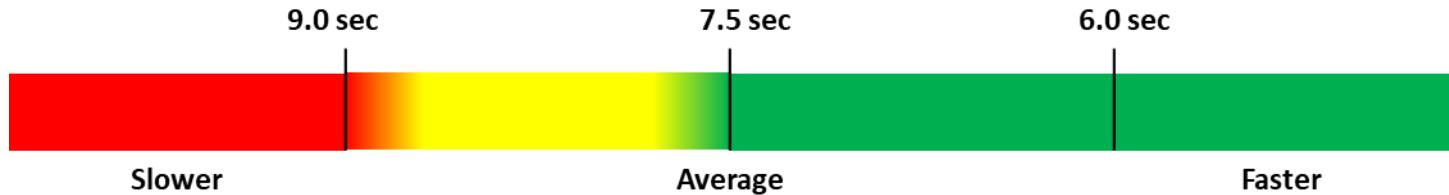


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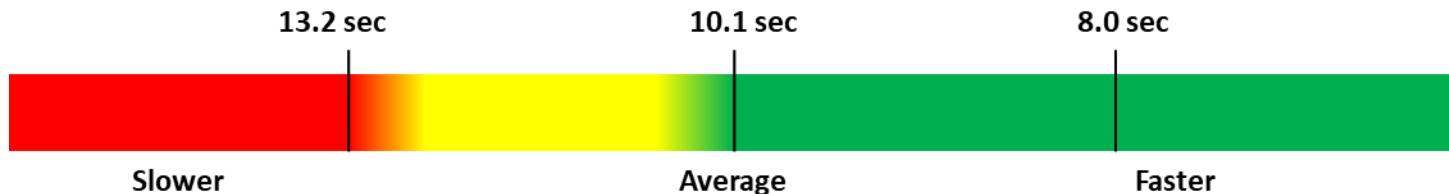


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## Summary of Physical Performance Tests

	Red	Yellow	Green
<b>Usual Gait Speed</b>			
<b>Fast Gait Speed</b>			
<b>30 Second Sit to Stand</b>			
<b>Four-Square Step Test</b>			
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- Referral to a community-based program:

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**Physical Therapist Name:** \_\_\_\_\_

**Physical Therapist Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

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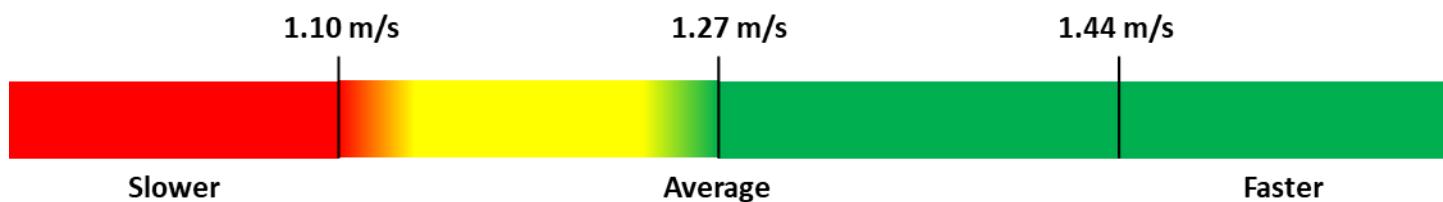
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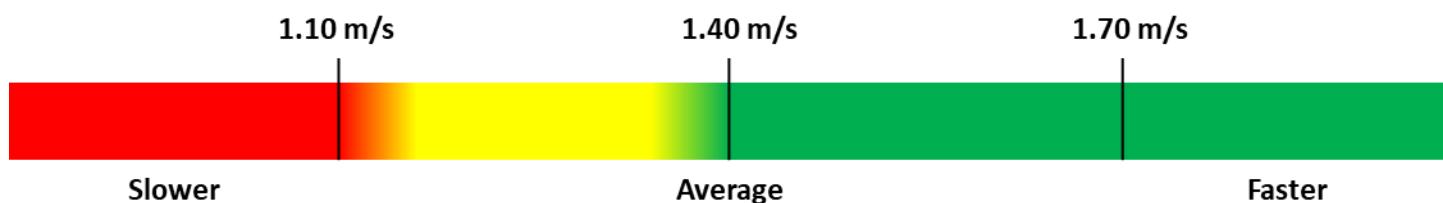


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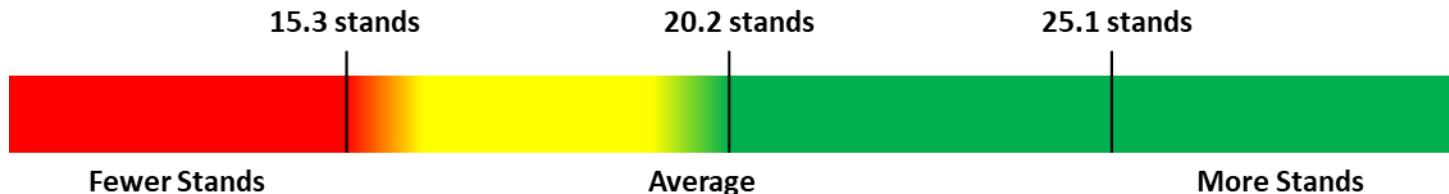


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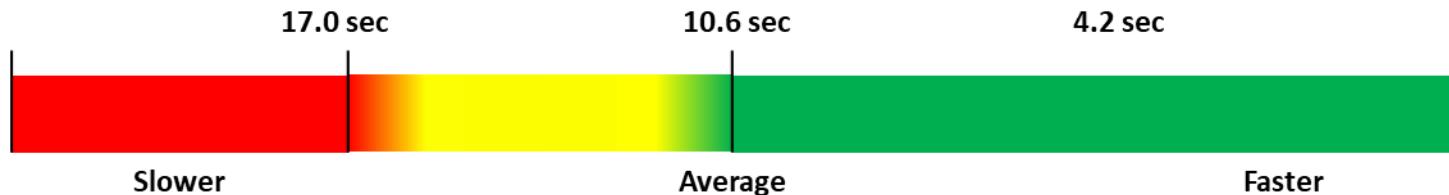


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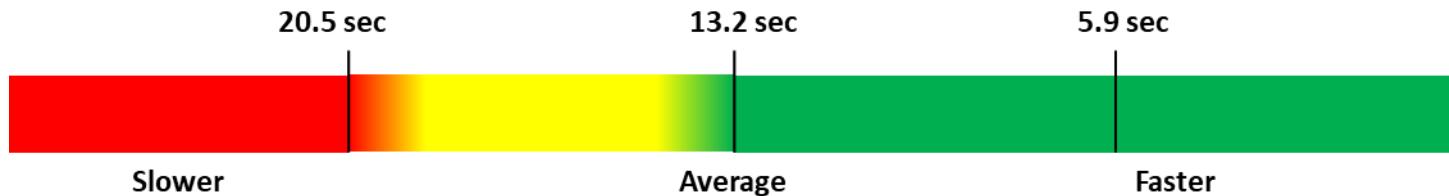


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## **Summary of Physical Performance Tests**

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- Referral to a community-based program:

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**Physical Therapist Name:** \_\_\_\_\_

**Physical Therapist Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

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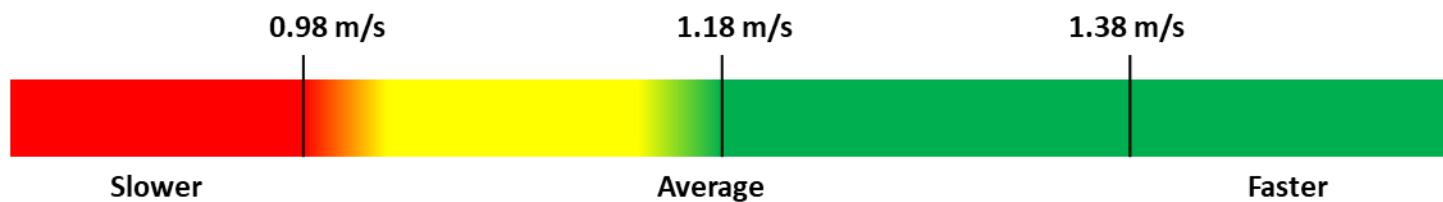
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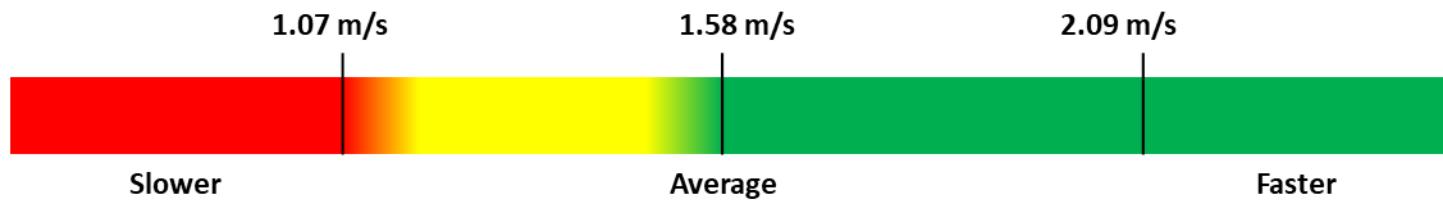


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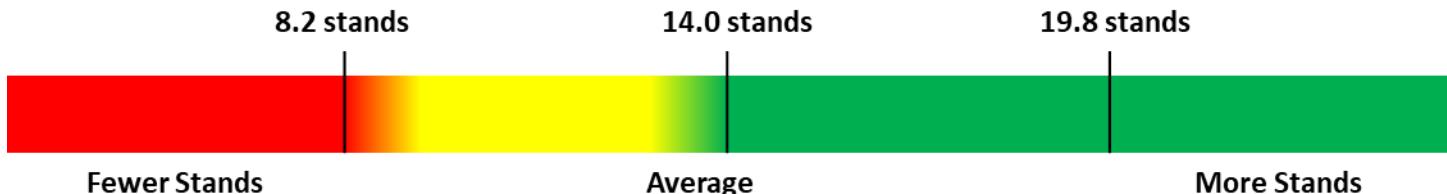


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Your score is **seconds.**

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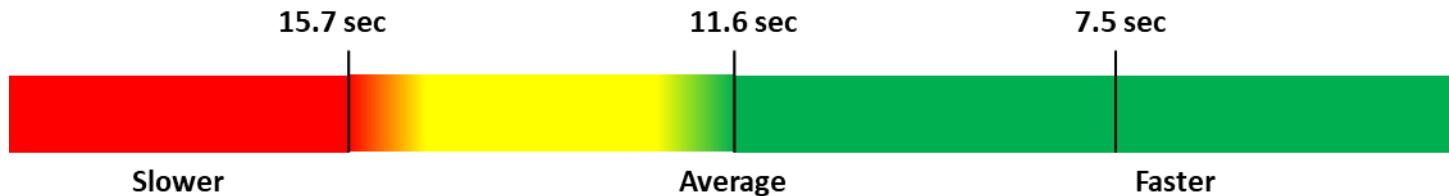


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## Summary of Physical Performance Tests

	Red	Yellow	Green
<b>Usual Gait Speed</b>			
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- Referral to a community-based program:

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**Physical Therapist Name:** \_\_\_\_\_

**Physical Therapist Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

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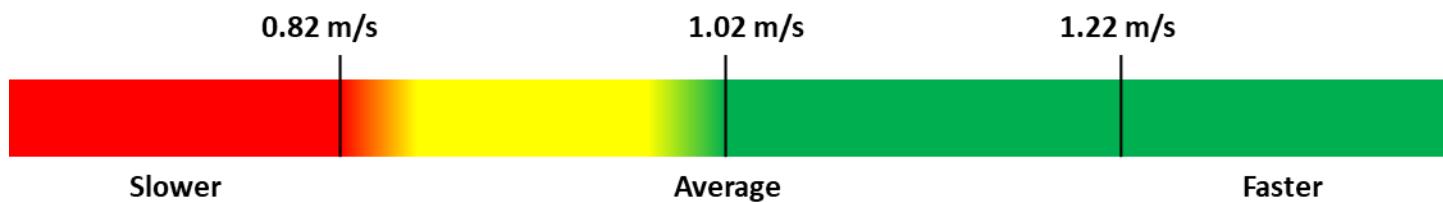
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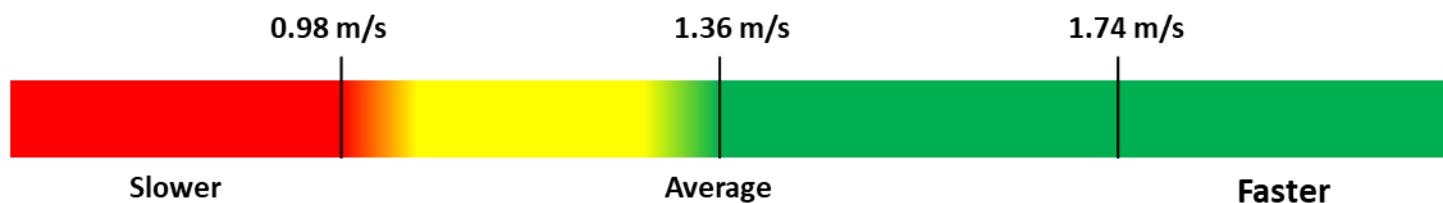


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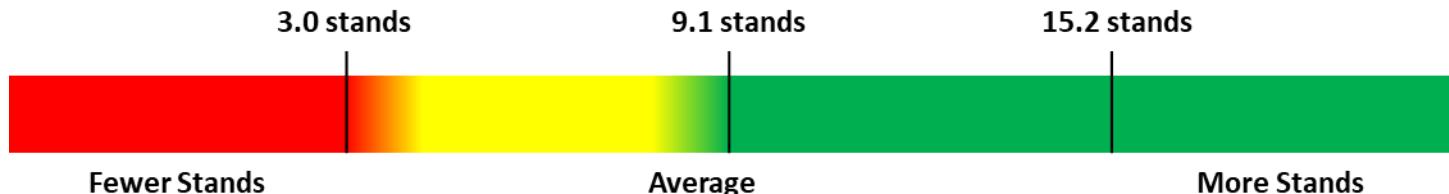


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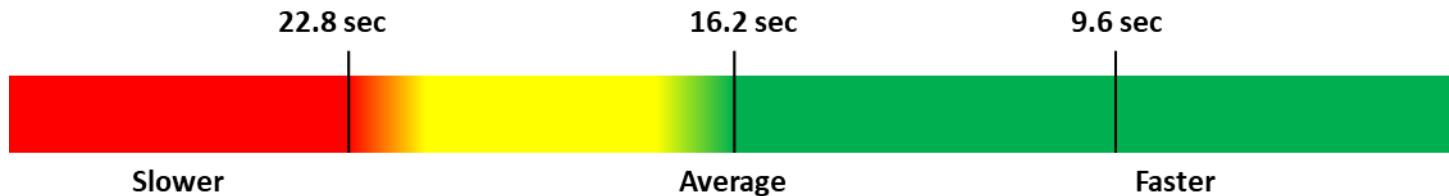


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# Summary of Physical Performance Tests

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- Some activity is better than none. Sitting less and doing any amount of moderate or vigorous physical activity will benefit your health.
- At least 150 minutes of moderate or 75 minutes of vigorous activity per week. A mix of both moderate and vigorous activity is also acceptable.
- Muscle-strengthening activities that work all major muscle groups on two or more days a week.
- Those 65 years of age or older should engage in activities that challenge balance at least once each week, but those under 65 may also benefit from balance training.

## **What Should You Do Now?**

Everyone is encouraged to work towards meeting the NIH Physical Activity Guidelines. The more you move, the more likely you are to maintain your mobility.

If **ALL** your results fall into the green boxes, you're moving well. Continue to prioritize physical activity and exercise. If you are not meeting the physical activity guidelines, consider working towards these recommendations.

If **SOME** or all of your results fall into the yellow boxes, future mobility problems are likely. Take steps to increase your level of activity and exercise! You may consider an appointment with a physical therapist for guidance and suggestions about improving your mobility and reducing your level of risk.

If **ANY** of your results fall into the red boxes, you should make an appointment with a physical therapist or your health care provider for further evaluation and intervention to improve your mobility and reduce your risk of falls and health decline.

## **Specific Recommendations:**

Based on your assessment, your physical therapist recommends the following.

- No referral necessary
- Start exercises based on results
  - Squats, sit to stand exercises
  - Ankle strengthening
  - Lunging exercises
  - Upper extremity strengthening
  - Other
  - Static balance exercises
  - Dynamic balance exercises
  - Walking program
  - Stair climbing

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- Referral to a community-based program:

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- Referral to physical therapy:

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- Referral to another healthcare professional:

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**Physical Therapist Name:** \_\_\_\_\_

**Physical Therapist Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

Thank you for completing the Mobility Assessment! This "report card" provides a summary of your results. Improvements in these areas and increases in your physical activity levels will help you maintain and even improve your overall health and mobility. Keep a copy of this report and share your results with your doctor or health care provider.

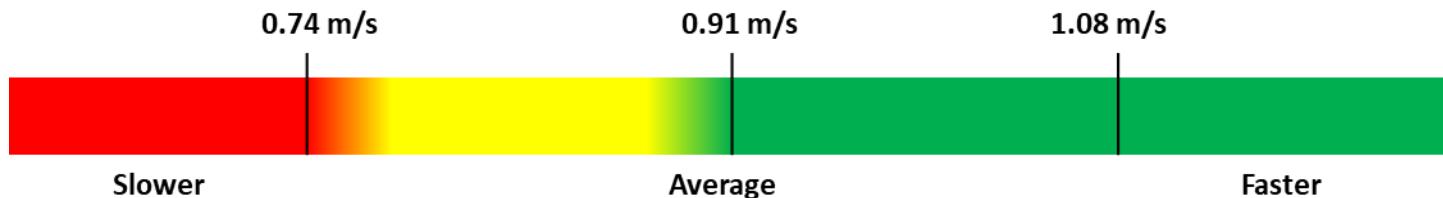
---

**Usual Walking Speed:**

This is a measure of your overall mobility.

Your score is \_\_\_\_\_ **meters/second**.

Less than 0.7 meters/second suggests a higher risk of falling, future mobility problems, and declining health.

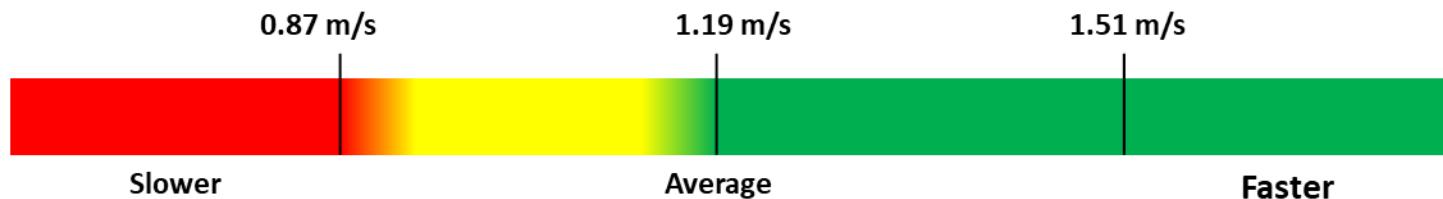


**Fast Walking Speed:**

This is a measure of your maximum mobility potential.

Your score is \_\_\_\_\_ **meters/second**.

Less than 1.10 meters/second suggests a higher risk of falling, future mobility problems, and declining health.

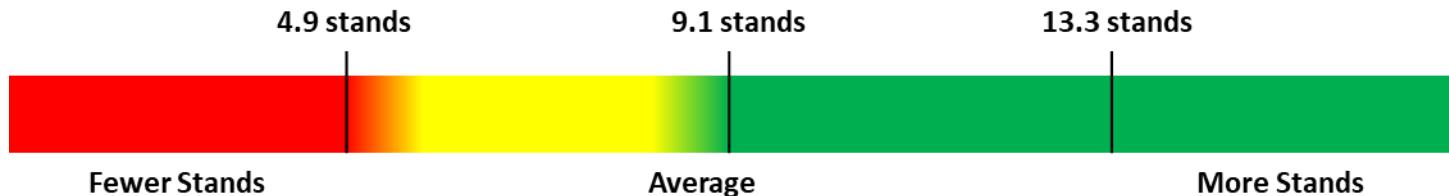


## 30 Second Sit to Stand Test:

This is a measure of your leg strength and power.

Your score is \_\_\_\_\_ stands

Less than 7 stands suggests a higher risk of falling and future mobility problems.



## **The Four-Square Step Test:**

This is a measure of how quickly you can move in different directions and step over objects. It is an indicator of your dynamic balance.

Your score is **seconds.**

More than 15 seconds or not being able to complete the test suggests a higher risk of falling and future mobility problems.



## **The Timed Up and Go Test:**

This is a measure of your balance and mobility.

Your score is **seconds.**

More than 12 seconds suggests a higher risk of falling and future mobility problems.

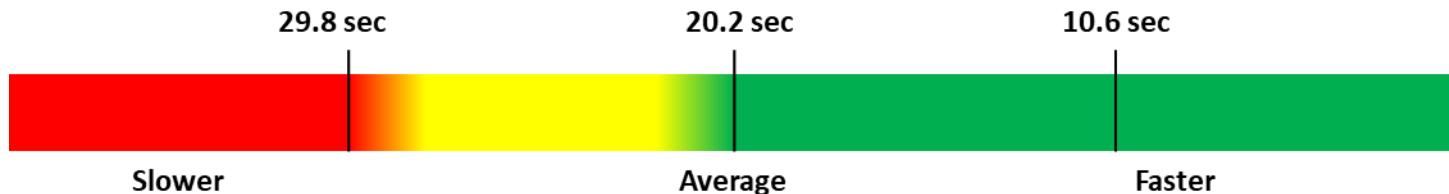


## **The Timed Up and Go Test with a Cognitive Task:**

This is a measure of how well you can do two things at the same time.

Your score is \_\_\_\_\_ **seconds**.

More than 13.5 seconds suggests a higher risk of falling and future mobility problems.



## **Summary of Physical Performance Tests**

	<b>Red</b>	<b>Yellow</b>	<b>Green</b>
<b>Usual Gait Speed</b>			
<b>Fast Gait Speed</b>			
<b>30 Second Sit to Stand</b>			
<b>Four-Square Step Test</b>			
<b>Timed Up and Go</b>			
<b>Timed up and Go with a Cognitive Task</b>			

## **Falls Risk**

As part of the intake form, you were asked about your concerns around falling, if you have fallen, and if you feel unsteady.

You answered "yes" to \_\_\_\_\_ questions about falling.

If you answered yes to any of these questions, and had mobility scores in the yellow or red, you may need a full falls risk assessment. Ask your primary care provider to refer you to a physical therapist with expertise in reducing risk of future falls.

## Your Activity Levels

	Little Activity	Some Activity	Meeting Guidelines	Exceeding Guidelines
<b>Aerobic Training</b>				
<b>Resistance Training</b>				
<b>Balance Training</b>				

## Physical Activity Guidelines

The National Institutes of Health (NIH) recommends the following physical activity levels for adults:

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- Muscle-strengthening activities that work all major muscle groups on two or more days a week.
- Those 65 years of age or older should engage in activities that challenge balance at least once each week, but those under 65 may also benefit from balance training.

## **What Should You Do Now?**

Everyone is encouraged to work towards meeting the NIH Physical Activity Guidelines. The more you move, the more likely you are to maintain your mobility.

If **ALL** your results fall into the green boxes, you're moving well. Continue to prioritize physical activity and exercise. If you are not meeting the physical activity guidelines, consider working towards these recommendations.

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- Referral to a community-based program:

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- Referral to physical therapy:

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- Referral to another healthcare professional:

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**Physical Therapist Name:** \_\_\_\_\_

**Physical Therapist Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

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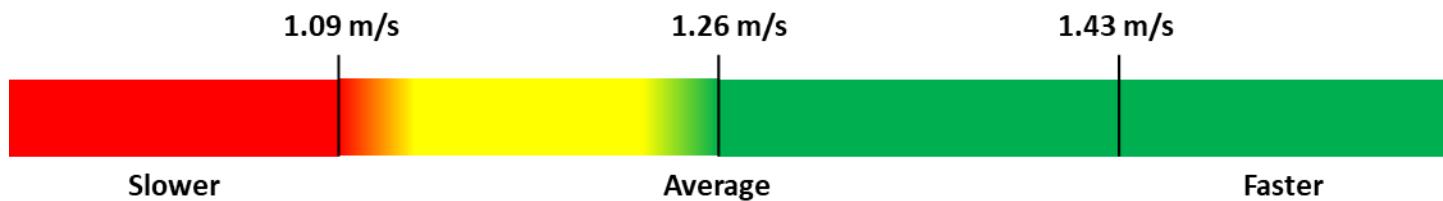
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### **Usual Walking Speed:**

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Your score is \_\_\_\_\_ **meters/second**.

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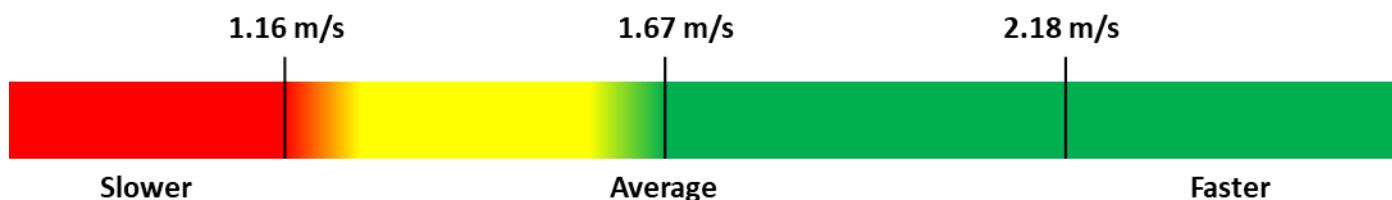


### **Fast Walking Speed:**

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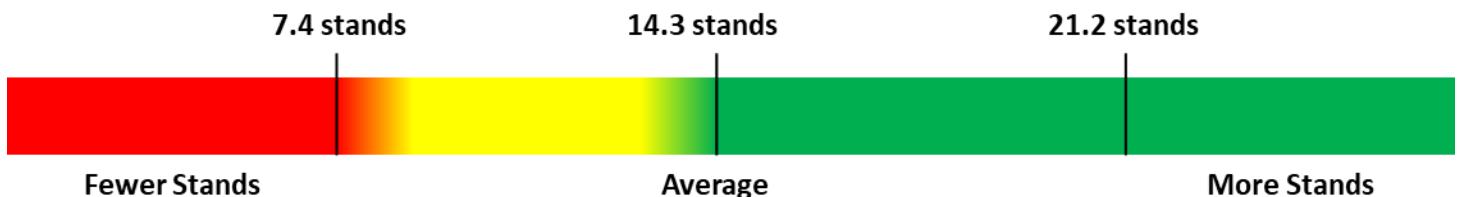


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## **The Four-Square Step Test:**

This is a measure of how quickly you can move in different directions and step over objects. It is an indicator of your dynamic balance.

Your score is **seconds.**

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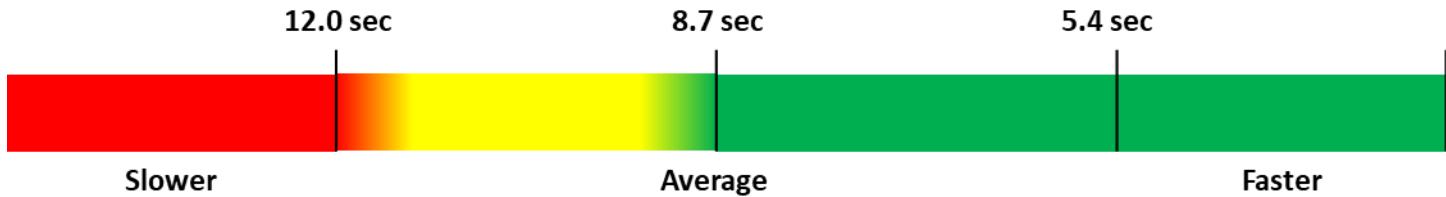


## **The Timed Up and Go Test:**

This is a measure of your balance and mobility.

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This is a measure of how well you can do two things at the same time.

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# Summary of Physical Performance Tests

	Red	Yellow	Green
<b>Usual Gait Speed</b>			
<b>Fast Gait Speed</b>			
<b>30 Second Sit to Stand</b>			
<b>Four-Square Step Test</b>			
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<b>Timed up and Go with a Cognitive Task</b>			

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	Little Activity	Some Activity	Meeting Guidelines	Exceeding Guidelines
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<b>Balance Training</b>				

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- Referral to a community-based program:

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- Referral to physical therapy:

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- Referral to another healthcare professional:

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**Physical Therapist Name:** \_\_\_\_\_

**Physical Therapist Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

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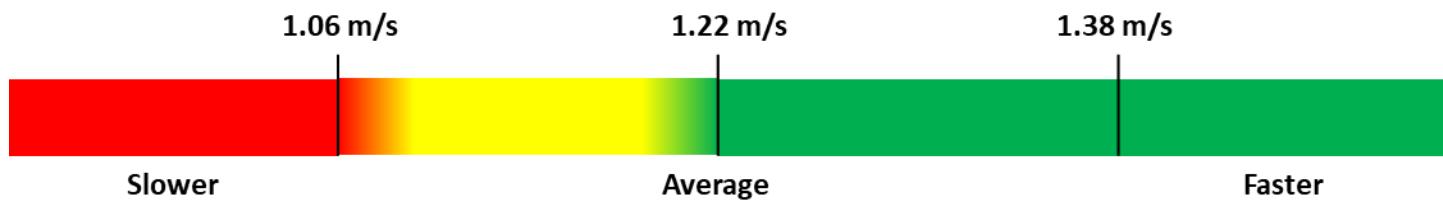
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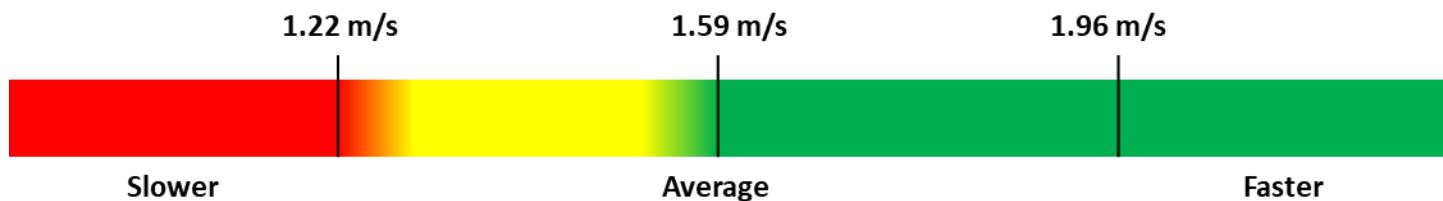


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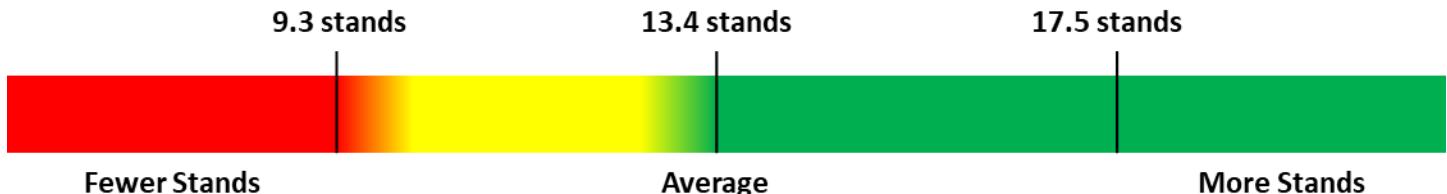


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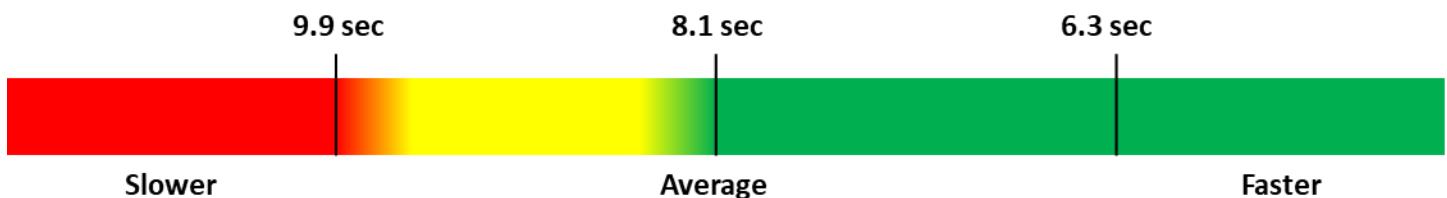


## **The Timed Up and Go Test:**

This is a measure of your balance and mobility.

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## Summary of Physical Performance Tests

	Red	Yellow	Green
<b>Usual Gait Speed</b>			
<b>Fast Gait Speed</b>			
<b>30 Second Sit to Stand</b>			
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- Referral to a community-based program:

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- Referral to physical therapy:

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- Referral to another healthcare professional:

---

**Physical Therapist Name:** \_\_\_\_\_

**Physical Therapist Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

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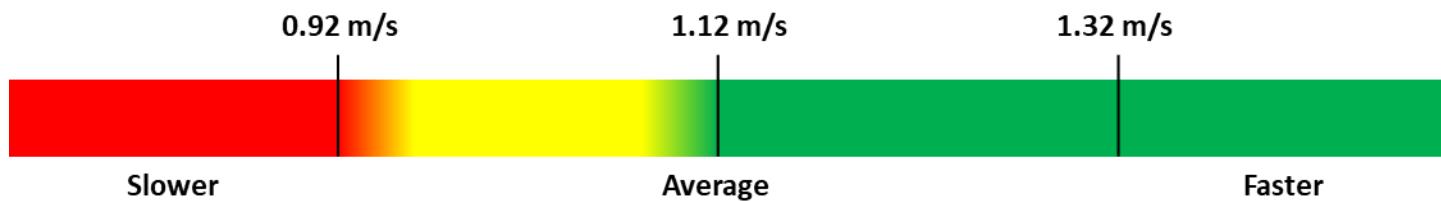
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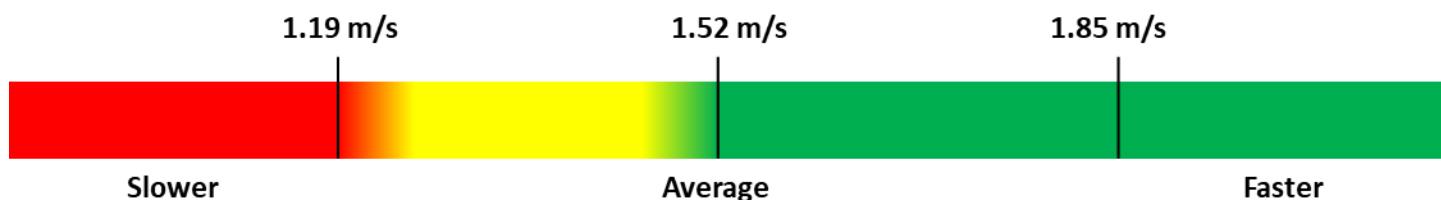


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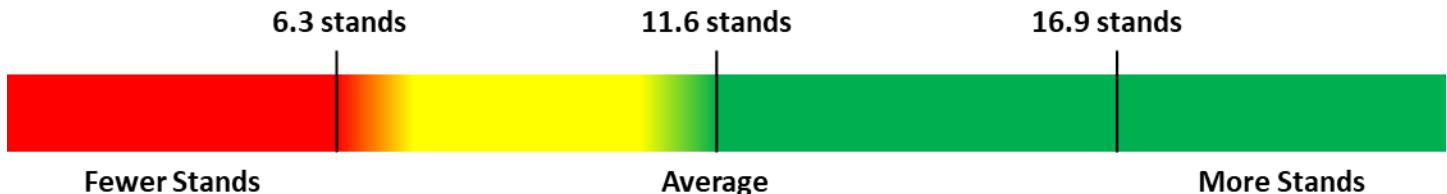


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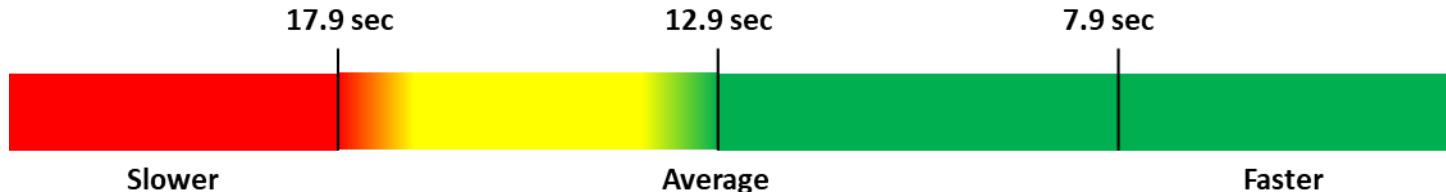


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	Red	Yellow	Green
<b>Usual Gait Speed</b>			
<b>Fast Gait Speed</b>			
<b>30 Second Sit to Stand</b>			
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**Physical Therapist Name:** \_\_\_\_\_

**Physical Therapist Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

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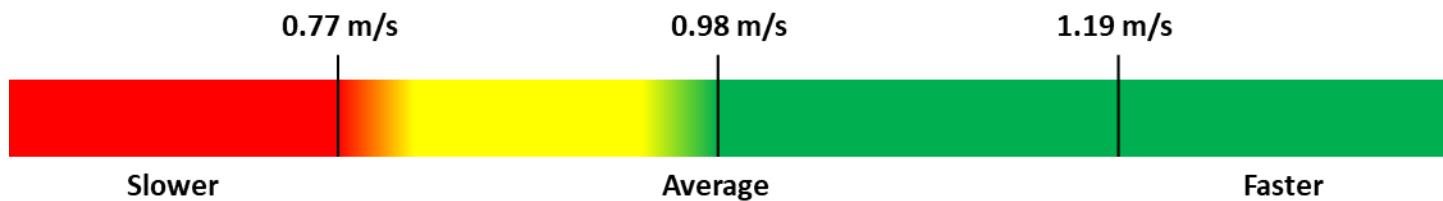
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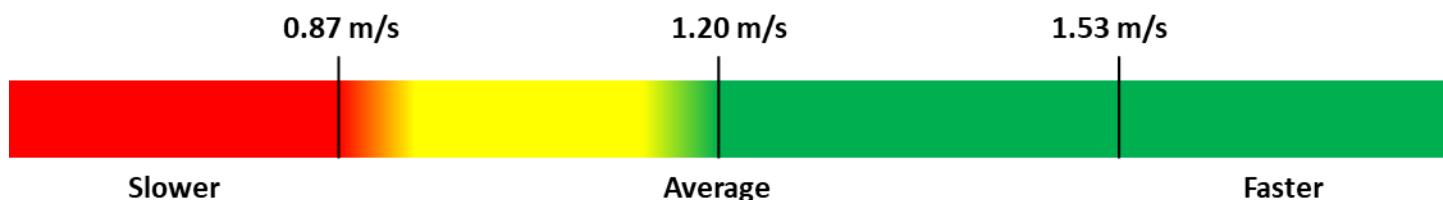


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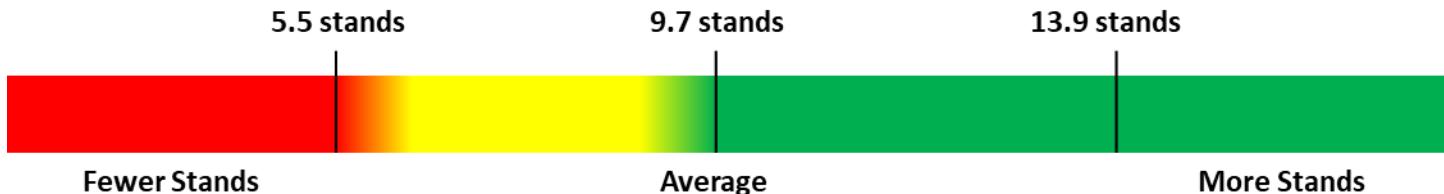


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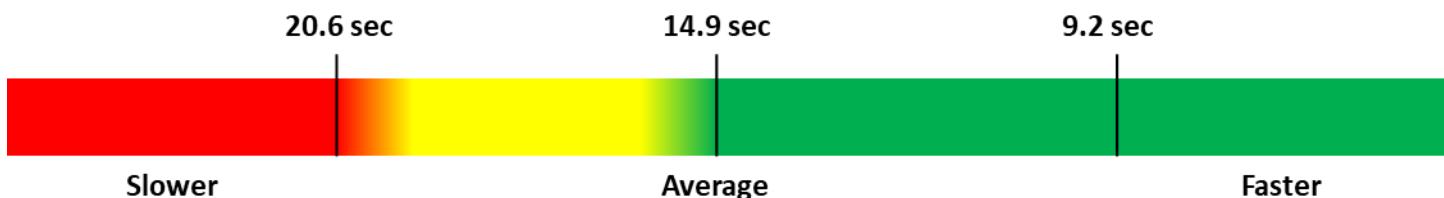


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<b>Fast Gait Speed</b>			
<b>30 Second Sit to Stand</b>			
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If **SOME** or all of your results fall into the yellow boxes, future mobility problems are likely. Take steps to increase your level of activity and exercise! You may consider an appointment with a physical therapist for guidance and suggestions about improving your mobility and reducing your level of risk.

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## **Specific Recommendations:**

Based on your assessment, your physical therapist recommends the following.

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  - Squats, sit to stand exercises
  - Ankle strengthening
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  - Upper extremity strengthening
  - Other
  - Static balance exercises
  - Dynamic balance exercises
  - Walking program
  - Stair climbing

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- Referral to a community-based program:

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- Referral to physical therapy:

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- Referral to another healthcare professional:

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**Physical Therapist Name:** \_\_\_\_\_

**Physical Therapist Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

Thank you for completing the Mobility Assessment! This "report card" provides a summary of your results. Improvements in these areas and increases in your physical activity levels will help you maintain and even improve your overall health and mobility. Keep a copy of this report and share your results with your doctor or health care provider.

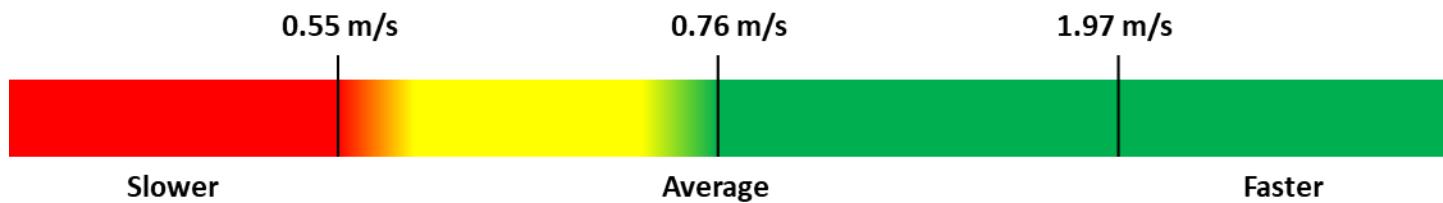
---

### **Usual Walking Speed:**

This is a measure of your overall mobility.

Your score is \_\_\_\_\_ **meters/second**.

Less than 0.7 meters/second suggests a higher risk of falling, future mobility problems, and declining health.

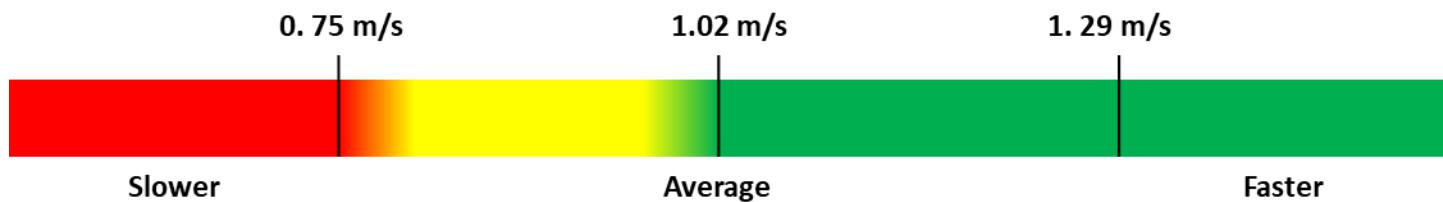


### **Fast Walking Speed:**

This is a measure of your maximum mobility potential.

Your score is \_\_\_\_\_ **meters/second**.

Less than 1.10 meters/second suggests a higher risk of falling, future mobility problems, and declining health.

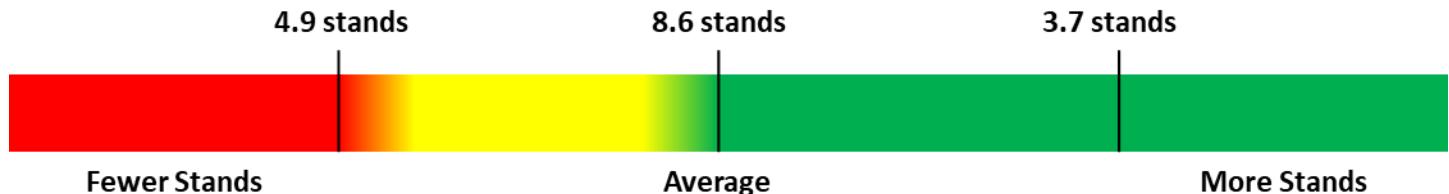


## 30 Second Sit to Stand Test:

This is a measure of your leg strength and power.

Your score is \_\_\_\_\_ stands

Less than 7 stands suggests a higher risk of falling and future mobility problems.



## **The Four-Square Step Test:**

This is a measure of how quickly you can move in different directions and step over objects. It is an indicator of your dynamic balance.

Your score is \_\_\_\_\_ **seconds.**

More than 15 seconds or not being able to complete the test suggests a higher risk of falling and future mobility problems.



## **The Timed Up and Go Test:**

This is a measure of your balance and mobility.

Your score is **seconds.**

More than 12 seconds suggests a higher risk of falling and future mobility problems.



## **The Timed Up and Go Test with a Cognitive Task:**

This is a measure of how well you can do two things at the same time.

Your score is \_\_\_\_\_seconds.

More than 13.5 seconds suggests a higher risk of falling and future mobility problems.



# Summary of Physical Performance Tests

	Red	Yellow	Green
<b>Usual Gait Speed</b>			
<b>Fast Gait Speed</b>			
<b>30 Second Sit to Stand</b>			
<b>Four-Square Step Test</b>			
<b>Timed Up and Go</b>			
<b>Timed up and Go with a Cognitive Task</b>			

## Falls Risk

As part of the intake form, you were asked about your concerns around falling, if you have fallen, and if you feel unsteady.

You answered "yes" to \_\_\_\_\_ questions about falling.

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## Your Activity Levels

	Little Activity	Some Activity	Meeting Guidelines	Exceeding Guidelines
<b>Aerobic Training</b>				
<b>Resistance Training</b>				
<b>Balance Training</b>				

## Physical Activity Guidelines

The National Institutes of Health (NIH) recommends the following physical activity levels for adults:

- Some activity is better than none. Sitting less and doing any amount of moderate or vigorous physical activity will benefit your health.
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- Muscle-strengthening activities that work all major muscle groups on two or more days a week.
- Those 65 years of age or older should engage in activities that challenge balance at least once each week, but those under 65 may also benefit from balance training.

## **What Should You Do Now?**

Everyone is encouraged to work towards meeting the NIH Physical Activity Guidelines. The more you move, the more likely you are to maintain your mobility.

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## **Specific Recommendations:**

Based on your assessment, your physical therapist recommends the following.

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- Referral to a community-based program:

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- Referral to physical therapy:

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- Referral to another healthcare professional:

---

**Physical Therapist Name:** \_\_\_\_\_

**Physical Therapist Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

Thank you for completing the Mobility Assessment! This "report card" provides a summary of your results. Improvements in these areas and increases in your physical activity levels will help you maintain and even improve your overall health and mobility. Keep a copy of this report and share your results with your doctor or health care provider.

---

**Usual Walking Speed:**

This is a measure of your overall mobility.

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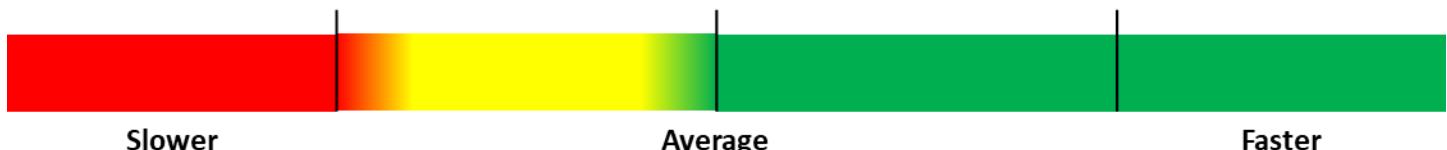
Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

**Fast Walking Speed:**

This is a measure of your maximum mobility potential.

Your score is \_\_\_\_\_ **meters/second**.

Less than 1.10 meters/second suggests a higher risk of falling, future mobility problems, and declining health.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## 30 Second Sit to Stand Test:

This is a measure of your leg strength and power.

Your score is \_\_\_\_\_ **stands**

Less than 7 stands suggests a higher risk of falling and future mobility problems.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## The Four-Square Step Test:

This is a measure of how quickly you can move in different directions and step over objects. It is an indicator of your dynamic balance.

Your score is \_\_\_\_\_ **seconds**.

More than 15 seconds or not being able to complete the test suggests a higher risk of falling and future mobility problems.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## **The Timed Up and Go Test:**

This is a measure of your balance and mobility.

Your score is \_\_\_\_\_ **seconds**.

More than 12 seconds suggests a higher risk of falling and future mobility problems.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## **The Timed Up and Go Test with a Cognitive Task:**

This is a measure of how well you can do two things at the same time.

Your score is \_\_\_\_\_ **seconds**.

More than 13.5 seconds suggests a higher risk of falling and future mobility problems.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## Summary of Physical Performance Tests

	Red	Yellow	Green
<b>Usual Gait Speed</b>			
<b>Fast Gait Speed</b>			
<b>30 Second Sit to Stand</b>			
<b>Four-Square Step Test</b>			
<b>Timed Up and Go</b>			
<b>Timed up and Go with a Cognitive Task</b>			

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## Your Activity Levels

	Little Activity	Some Activity	Meeting Guidelines	Exceeding Guidelines
<b>Aerobic Training</b>				
<b>Resistance Training</b>				
<b>Balance Training</b>				

## Physical Activity Guidelines

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- Muscle-strengthening activities that work all major muscle groups on two or more days a week.
- Those 65 years of age or older should engage in activities that challenge balance at least once each week, but those under 65 may also benefit from balance training.

## **What Should You Do Now?**

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If **ALL** your results fall into the green boxes, you're moving well. Continue to prioritize physical activity and exercise. If you are not meeting the physical activity guidelines, consider working towards these recommendations.

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  - Other
  - Static balance exercises
  - Dynamic balance exercises
  - Walking program
  - Stair climbing

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- Referral to a community-based program:

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- Referral to physical therapy:

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- Referral to another healthcare professional:

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**Physical Therapist Name:** \_\_\_\_\_

**Physical Therapist Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

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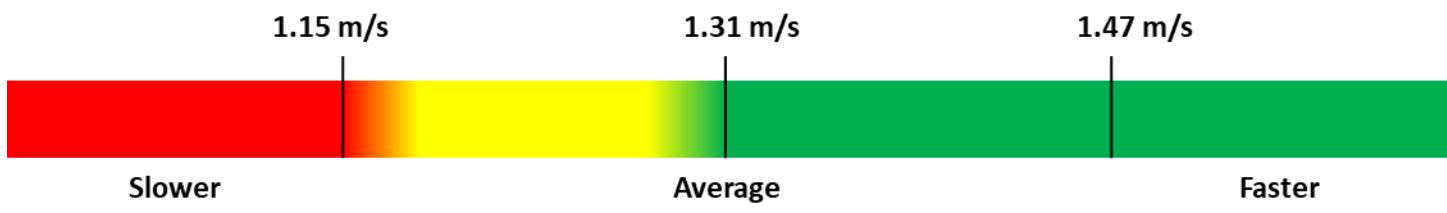
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### **Usual Walking Speed:**

This is a measure of your overall mobility.

Your score is \_\_\_\_\_ **meters/second**.

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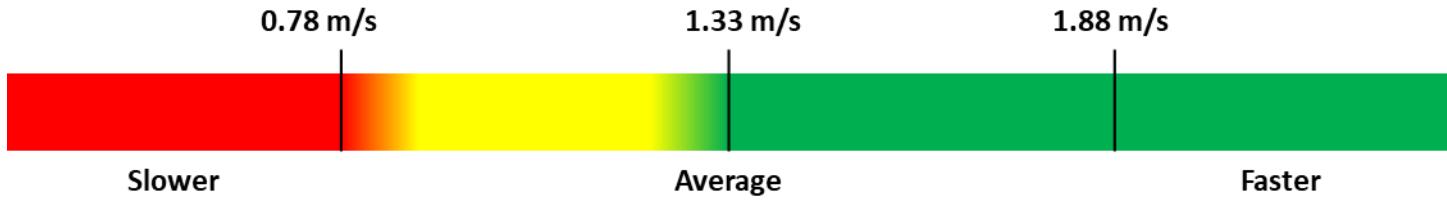
Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

### **Fast Walking Speed:**

This is a measure of your maximum mobility potential.

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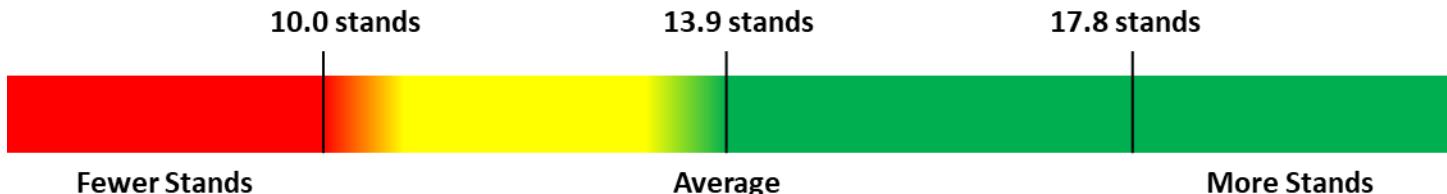
Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## **30 Second Sit to Stand Test:**

This is a measure of your leg strength and power.

Your score is \_\_\_\_\_ stands

Less than 7 stands suggests a higher risk of falling and future mobility problems.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## **The Four-Square Step Test:**

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Your score is    seconds.

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Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## **The Timed Up and Go Test:**

This is a measure of your balance and mobility.

Your score is \_\_\_\_\_ **seconds**.

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Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## **The Timed Up and Go Test with a Cognitive Task:**

This is a measure of how well you can do two things at the same time.

Your score is \_\_\_\_\_ **seconds**.

More than 13.5 seconds suggests a higher risk of falling and future mobility problems.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## Summary of Physical Performance Tests

	Red	Yellow	Green
<b>Usual Gait Speed</b>			
<b>Fast Gait Speed</b>			
<b>30 Second Sit to Stand</b>			
<b>Four-Square Step Test</b>			
<b>Timed Up and Go</b>			
<b>Timed up and Go with a Cognitive Task</b>			

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## Your Activity Levels

	Little Activity	Some Activity	Meeting Guidelines	Exceeding Guidelines
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<b>Balance Training</b>				

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  - Stair climbing

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- Referral to a community-based program:

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- Referral to physical therapy:

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- Referral to another healthcare professional:

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**Physical Therapist Name:** \_\_\_\_\_

**Physical Therapist Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## Men, Age 60-69 Form - Repeat

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

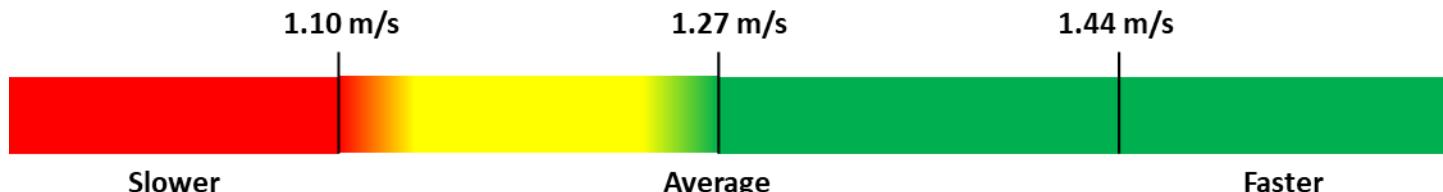
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This is a measure of your overall mobility.

Your score is \_\_\_\_\_ **meters/second**.

Less than 0.7 meters/second suggests a higher risk of falling, future mobility problems, and declining health.



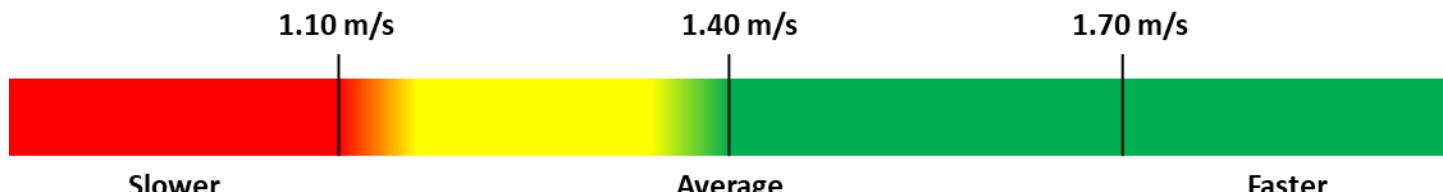
Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

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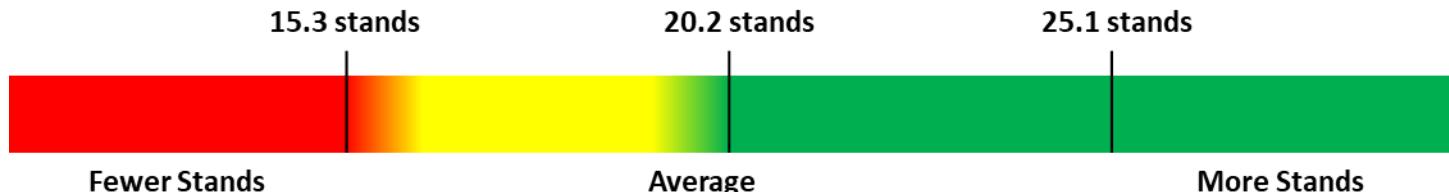
Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## 30 Second Sit to Stand Test:

This is a measure of your leg strength and power.

Your score is \_\_\_\_\_ stands

Less than 7 stands suggests a higher risk of falling and future mobility problems.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## The Four-Square Step Test:

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Your score is \_\_\_\_\_ seconds.

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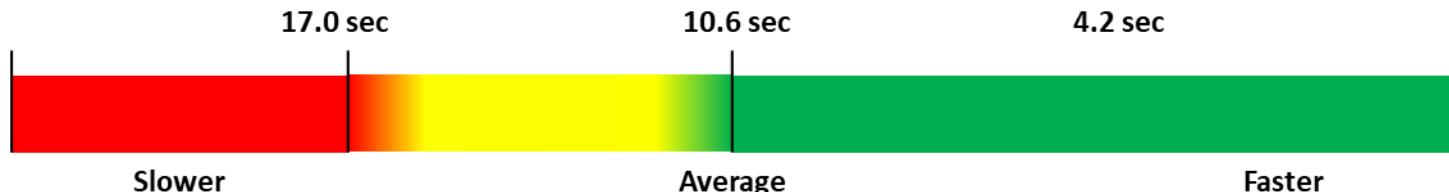
Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

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This is a measure of your balance and mobility.

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Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## **The Timed Up and Go Test with a Cognitive Task:**

This is a measure of how well you can do two things at the same time.

Your score is        **seconds**.

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Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## Summary of Physical Performance Tests

	Red	Yellow	Green
<b>Usual Gait Speed</b>			
<b>Fast Gait Speed</b>			
<b>30 Second Sit to Stand</b>			
<b>Four-Square Step Test</b>			
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## Your Activity Levels

	Little Activity	Some Activity	Meeting Guidelines	Exceeding Guidelines
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## Physical Activity Guidelines

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- Referral to a community-based program:

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- Referral to physical therapy:

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- Referral to another healthcare professional:

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**Physical Therapist Name:** \_\_\_\_\_

**Physical Therapist Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

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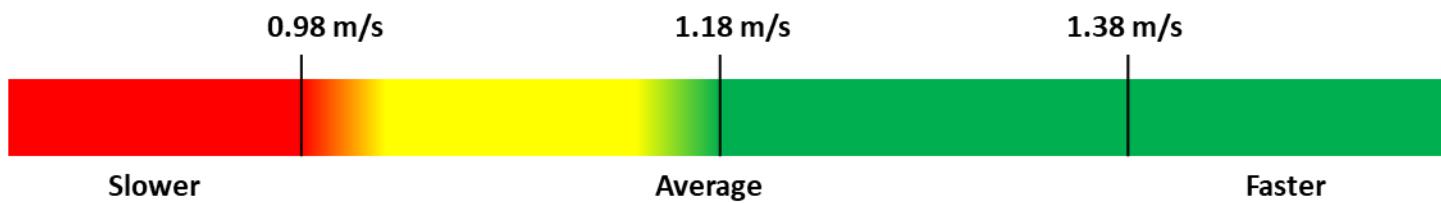
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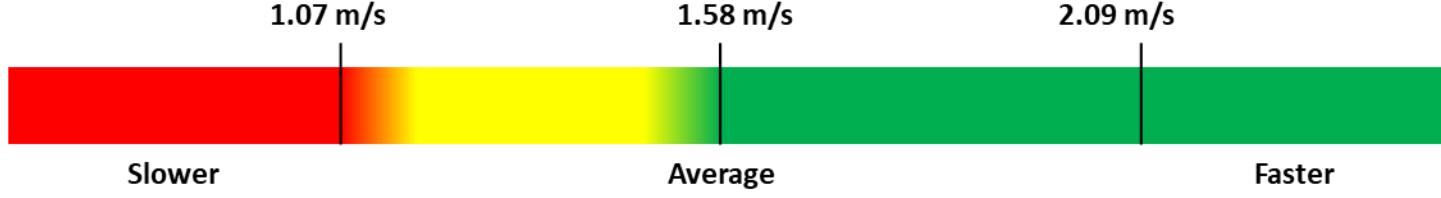


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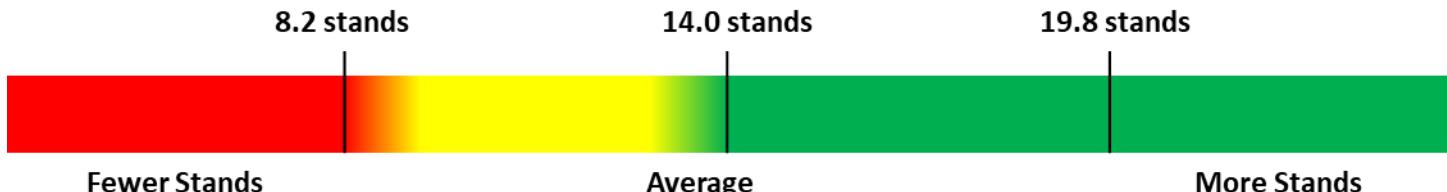


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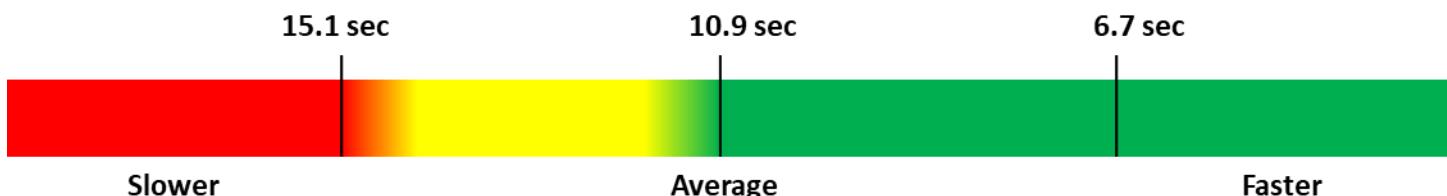
Previous Score and Date		Previous Score and Date	
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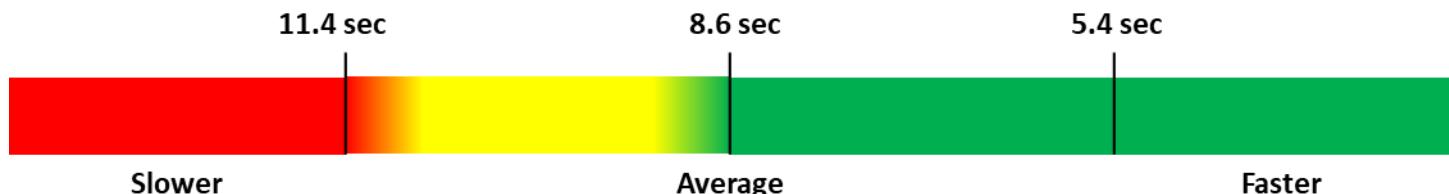
Previous Score and Date		Previous Score and Date	
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Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

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Your score is \_\_\_\_\_ **seconds**.

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Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## Summary of Physical Performance Tests

	Red	Yellow	Green
<b>Usual Gait Speed</b>			
<b>Fast Gait Speed</b>			
<b>30 Second Sit to Stand</b>			
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## **What Should You Do Now?**

Everyone is encouraged to work towards meeting the NIH Physical Activity Guidelines. The more you move, the more likely you are to maintain your mobility.

If **ALL** your results fall into the green boxes, you're moving well. Continue to prioritize physical activity and exercise. If you are not meeting the physical activity guidelines, consider working towards these recommendations.

If **SOME** or all of your results fall into the yellow boxes, future mobility problems are likely. Take steps to increase your level of activity and exercise! You may consider an appointment with a physical therapist for guidance and suggestions about improving your mobility and reducing your level of risk.

If **ANY** of your results fall into the red boxes, you should make an appointment with a physical therapist or your health care provider for further evaluation and intervention to improve your mobility and reduce your risk of falls and health decline.

## **Specific Recommendations:**

Based on your assessment, your physical therapist recommends the following.

- No referral necessary
- Start exercises based on results
  - Squats, sit to stand exercises
  - Ankle strengthening
  - Lunging exercises
  - Upper extremity strengthening
  - Other
  - Static balance exercises
  - Dynamic balance exercises
  - Walking program
  - Stair climbing

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- Referral to a community-based program:

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- Referral to physical therapy:

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- Referral to another healthcare professional:

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**Physical Therapist Name:** \_\_\_\_\_

**Physical Therapist Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

Thank you for completing the Mobility Assessment! This "report card" provides a summary of your results. Improvements in these areas and increases in your physical activity levels will help you maintain and even improve your overall health and mobility. Keep a copy of this report and share your results with your doctor or health care provider.

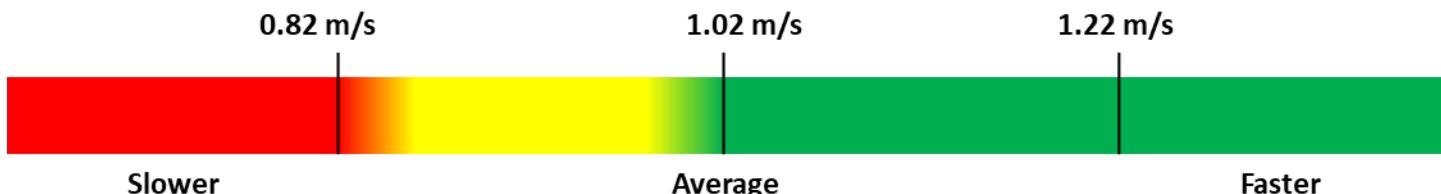
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**Usual Walking Speed:**

This is a measure of your overall mobility.

Your score is \_\_\_\_\_ **meters/second**.

Less than 0.7 meters/second suggests a higher risk of falling, future mobility problems, and declining health.



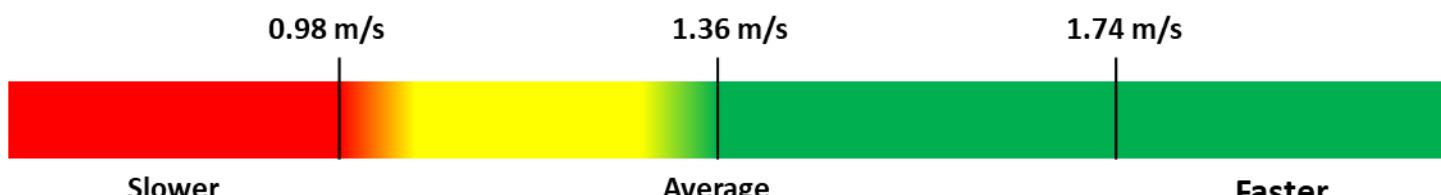
Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

**Fast Walking Speed:**

This is a measure of your maximum mobility potential.

Your score is \_\_\_\_\_ **meters/second**.

Less than 1.10 meters/second suggests a higher risk of falling, future mobility problems, and declining health.



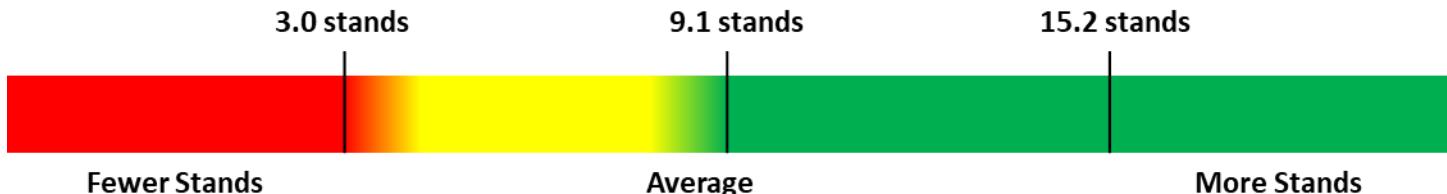
Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## **30 Second Sit to Stand Test:**

This is a measure of your leg strength and power.

Your score is \_\_\_\_\_ stands

Less than 7 stands suggests a higher risk of falling and future mobility problems.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## **The Four-Square Step Test:**

This is a measure of how quickly you can move in different directions and step over objects. It is an indicator of your dynamic balance.

Your score is \_\_\_\_\_ seconds.

More than 15 seconds or not being able to complete the test suggests a higher risk of falling and future mobility problems.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## **The Timed Up and Go Test:**

This is a measure of your balance and mobility.

Your score is \_\_\_\_\_ **seconds**.

More than 12 seconds suggests a higher risk of falling and future mobility problems.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## **The Timed Up and Go Test with a Cognitive Task:**

This is a measure of how well you can do two things at the same time.

Your score is \_\_\_\_\_ **seconds**.

More than 13.5 seconds suggests a higher risk of falling and future mobility problems.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## Summary of Physical Performance Tests

	Red	Yellow	Green
<b>Usual Gait Speed</b>			
<b>Fast Gait Speed</b>			
<b>30 Second Sit to Stand</b>			
<b>Four-Square Step Test</b>			
<b>Timed Up and Go</b>			
<b>Timed up and Go with a Cognitive Task</b>			

## Falls Risk

As part of the intake form, you were asked about your concerns around falling, if you have fallen, and if you feel unsteady.

You answered "yes" to \_\_\_\_\_ questions about falling.

If you answered yes to any of these questions, and had mobility scores in the yellow or red, you may need a full falls risk assessment. Ask your primary care provider to refer you to a physical therapist with expertise in reducing risk of future falls.

## Your Activity Levels

	Little Activity	Some Activity	Meeting Guidelines	Exceeding Guidelines
<b>Aerobic Training</b>				
<b>Resistance Training</b>				
<b>Balance Training</b>				

## Physical Activity Guidelines

The National Institutes of Health (NIH) recommends the following physical activity levels for adults:

- Some activity is better than none. Sitting less and doing any amount of moderate or vigorous physical activity will benefit your health.
- At least 150 minutes of moderate or 75 minutes of vigorous activity per week. A mix of both moderate and vigorous activity is also acceptable.
- Muscle-strengthening activities that work all major muscle groups on two or more days a week.
- Those 65 years of age or older should engage in activities that challenge balance at least once each week, but those under 65 may also benefit from balance training.

## **What Should You Do Now?**

Everyone is encouraged to work towards meeting the NIH Physical Activity Guidelines. The more you move, the more likely you are to maintain your mobility.

If **ALL** your results fall into the green boxes, you're moving well. Continue to prioritize physical activity and exercise. If you are not meeting the physical activity guidelines, consider working towards these recommendations.

If **SOME** or all of your results fall into the yellow boxes, future mobility problems are likely. Take steps to increase your level of activity and exercise! You may consider an appointment with a physical therapist for guidance and suggestions about improving your mobility and reducing your level of risk.

If **ANY** of your results fall into the red boxes, you should make an appointment with a physical therapist or your health care provider for further evaluation and intervention to improve your mobility and reduce your risk of falls and health decline.

## **Specific Recommendations:**

Based on your assessment, your physical therapist recommends the following.

- No referral necessary
- Start exercises based on results
  - Squats, sit to stand exercises
  - Ankle strengthening
  - Lunging exercises
  - Upper extremity strengthening
  - Other
  - Static balance exercises
  - Dynamic balance exercises
  - Walking program
  - Stair climbing

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- Referral to a community-based program:

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- Referral to physical therapy:

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- Referral to another healthcare professional:

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**Physical Therapist Name:** \_\_\_\_\_

**Physical Therapist Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## Men, Age 90+ Form - Repeat

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

Thank you for completing the Mobility Assessment! This "report card" provides a summary of your results. Improvements in these areas and increases in your physical activity levels will help you maintain and even improve your overall health and mobility. Keep a copy of this report and share your results with your doctor or health care provider.

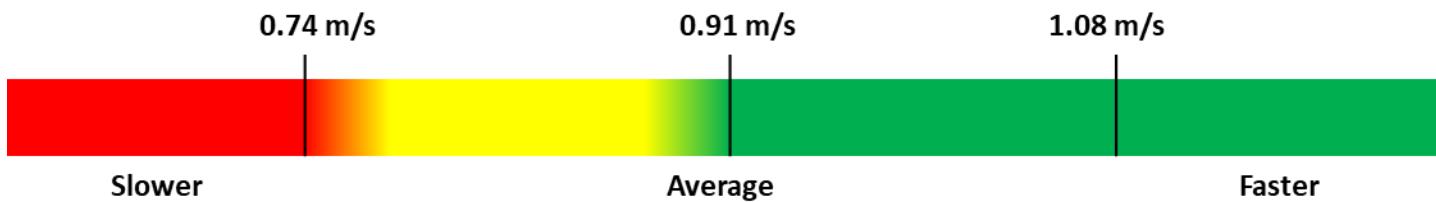
---

### Usual Walking Speed:

This is a measure of your overall mobility.

Your score is \_\_\_\_\_ **meters/second**.

Less than 0.7 meters/second suggests a higher risk of falling, future mobility problems, and declining health.



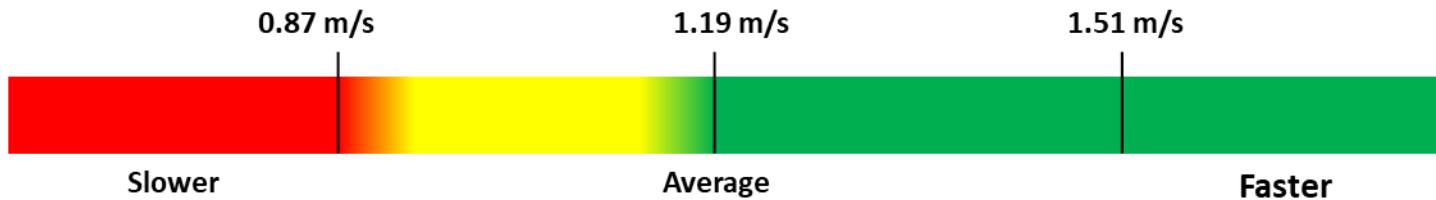
Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

### Fast Walking Speed:

This is a measure of your maximum mobility potential.

Your score is \_\_\_\_\_ **meters/second**.

Less than 1.10 meters/second suggests a higher risk of falling, future mobility problems, and declining health.



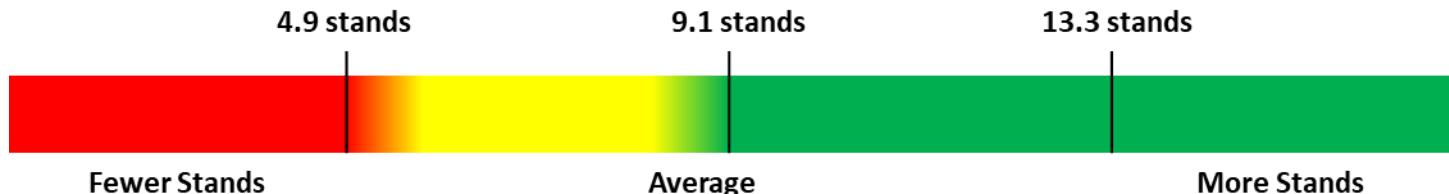
Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## 30 Second Sit to Stand Test:

This is a measure of your leg strength and power.

Your score is \_\_\_\_\_ stands

Less than 7 stands suggests a higher risk of falling and future mobility problems.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## The Four-Square Step Test:

This is a measure of how quickly you can move in different directions and step over objects. It is an indicator of your dynamic balance.

Your score is \_\_\_\_\_ seconds.

More than 15 seconds or not being able to complete the test suggests a higher risk of falling and future mobility problems.



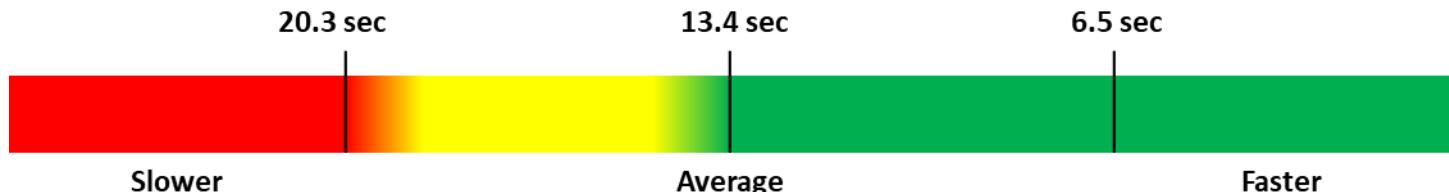
Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## **The Timed Up and Go Test:**

This is a measure of your balance and mobility.

Your score is        **seconds**.

More than 12 seconds suggests a higher risk of falling and future mobility problems.



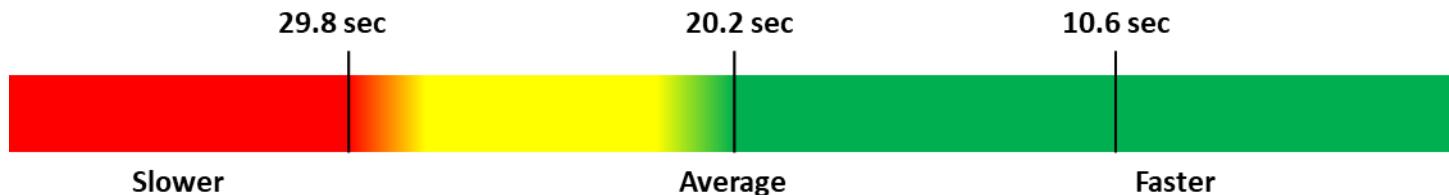
Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## **The Timed Up and Go Test with a Cognitive Task:**

This is a measure of how well you can do two things at the same time.

Your score is        **seconds**.

More than 13.5 seconds suggests a higher risk of falling and future mobility problems.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## Summary of Physical Performance Tests

	Red	Yellow	Green
<b>Usual Gait Speed</b>			
<b>Fast Gait Speed</b>			
<b>30 Second Sit to Stand</b>			
<b>Four-Square Step Test</b>			
<b>Timed Up and Go</b>			
<b>Timed up and Go with a Cognitive Task</b>			

### Falls Risk

As part of the intake form, you were asked about your concerns around falling, if you have fallen, and if you feel unsteady.

You answered "yes" to \_\_\_\_\_ questions about falling.

If you answered yes to any of these questions, and had mobility scores in the yellow or red, you may need a full falls risk assessment. Ask your primary care provider to refer you to a physical therapist with expertise in reducing risk of future falls.

## Your Activity Levels

	Little Activity	Some Activity	Meeting Guidelines	Exceeding Guidelines
<b>Aerobic Training</b>				
<b>Resistance Training</b>				
<b>Balance Training</b>				

## Physical Activity Guidelines

The National Institutes of Health (NIH) recommends the following physical activity levels for adults:

- Some activity is better than none. Sitting less and doing any amount of moderate or vigorous physical activity will benefit your health.
- At least 150 minutes of moderate or 75 minutes of vigorous activity per week. A mix of both moderate and vigorous activity is also acceptable.
- Muscle-strengthening activities that work all major muscle groups on two or more days a week.
- Those 65 years of age or older should engage in activities that challenge balance at least once each week, but those under 65 may also benefit from balance training.

## **What Should You Do Now?**

Everyone is encouraged to work towards meeting the NIH Physical Activity Guidelines. The more you move, the more likely you are to maintain your mobility.

If **ALL** your results fall into the green boxes, you're moving well. Continue to prioritize physical activity and exercise. If you are not meeting the physical activity guidelines, consider working towards these recommendations.

If **SOME** or all of your results fall into the yellow boxes, future mobility problems are likely. Take steps to increase your level of activity and exercise! You may consider an appointment with a physical therapist for guidance and suggestions about improving your mobility and reducing your level of risk.

If **ANY** of your results fall into the red boxes, you should make an appointment with a physical therapist or your health care provider for further evaluation and intervention to improve your mobility and reduce your risk of falls and health decline.

## **Specific Recommendations:**

Based on your assessment, your physical therapist recommends the following.

- No referral necessary
- Start exercises based on results
  - Squats, sit to stand exercises
  - Ankle strengthening
  - Lunging exercises
  - Upper extremity strengthening
  - Other
  - Static balance exercises
  - Dynamic balance exercises
  - Walking program
  - Stair climbing

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- Referral to a community-based program:

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- Referral to physical therapy:

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- Referral to another healthcare professional:

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**Physical Therapist Name:** \_\_\_\_\_

**Physical Therapist Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## Women, Age 50-59 Form - Repeat

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

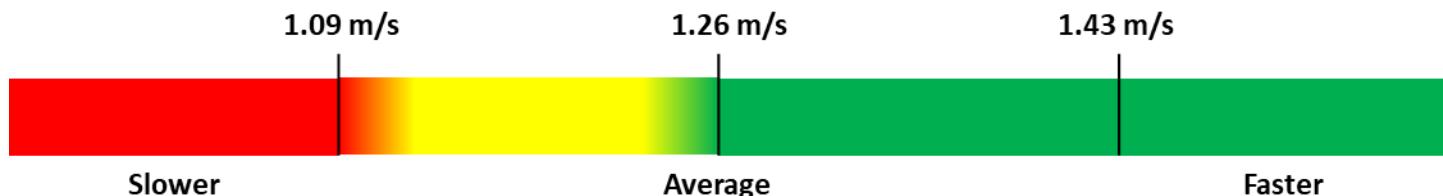
Thank you for completing the Mobility Assessment! This "report card" provides a summary of your results. Improvements in these areas and increases in your physical activity levels will help you maintain and even improve your overall health and mobility. Keep a copy of this report and share your results with your doctor or health care provider.

### Usual Walking Speed:

This is a measure of your overall mobility.

Your score is \_\_\_\_\_ **meters/second**.

Less than 0.7 meters/second suggests a higher risk of falling, future mobility problems, and declining health.



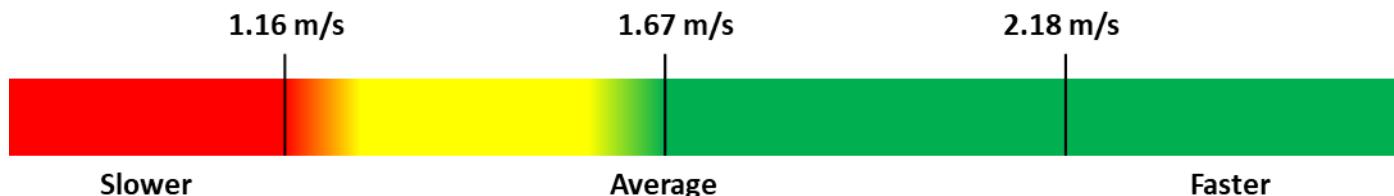
Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

### Fast Walking Speed:

This is a measure of your maximum mobility potential.

Your score is \_\_\_\_\_ **meters/second**.

Less than 1.10 meters/second suggests a higher risk of falling, future mobility problems, and declining health.



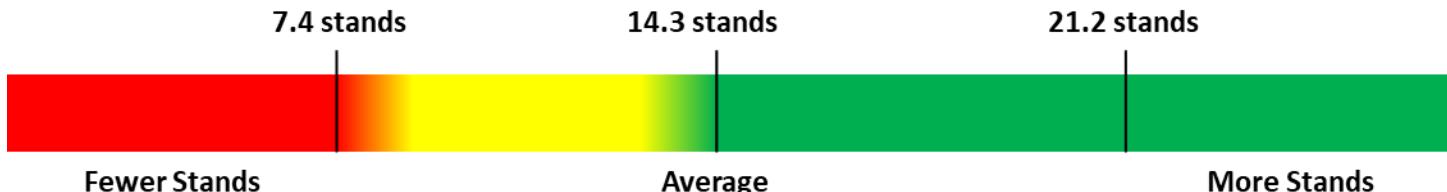
Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## 30 Second Sit to Stand Test:

This is a measure of your leg strength and power.

Your score is \_\_\_\_\_ **stands**

Less than 7 stands suggests a higher risk of falling and future mobility problems.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## The Four-Square Step Test:

This is a measure of how quickly you can move in different directions and step over objects. It is an indicator of your dynamic balance.

Your score is \_\_\_\_\_ **seconds**.

More than 15 seconds or not being able to complete the test suggests a higher risk of falling and future mobility problems.



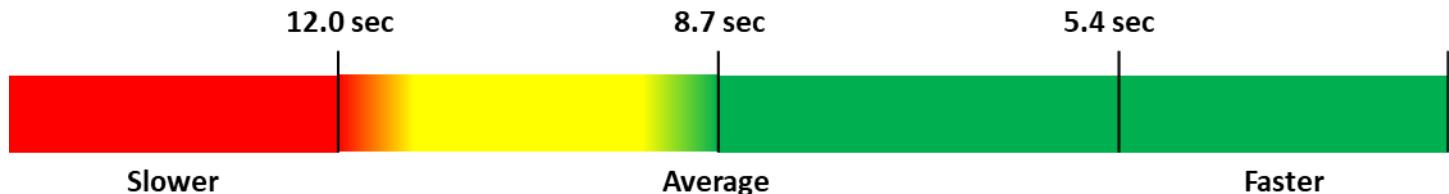
Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## **The Timed Up and Go Test:**

This is a measure of your balance and mobility.

Your score is        **seconds**.

More than 12 seconds suggests a higher risk of falling and future mobility problems.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## **The Timed Up and Go Test with a Cognitive Task:**

This is a measure of how well you can do two things at the same time.

Your score is        **seconds**.

More than 13.5 seconds suggests a higher risk of falling and future mobility problems.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## Summary of Physical Performance Tests

	Red	Yellow	Green
<b>Usual Gait Speed</b>			
<b>Fast Gait Speed</b>			
<b>30 Second Sit to Stand</b>			
<b>Four-Square Step Test</b>			
<b>Timed Up and Go</b>			
<b>Timed up and Go with a Cognitive Task</b>			

### Falls Risk

As part of the intake form, you were asked about your concerns around falling, if you have fallen, and if you feel unsteady.

You answered "yes" to \_\_\_\_\_ questions about falling.

If you answered yes to any of these questions, and had mobility scores in the yellow or red, you may need a full falls risk assessment. Ask your primary care provider to refer you to a physical therapist with expertise in reducing risk of future falls.

## Your Activity Levels

	Little Activity	Some Activity	Meeting Guidelines	Exceeding Guidelines
<b>Aerobic Training</b>				
<b>Resistance Training</b>				
<b>Balance Training</b>				

## Physical Activity Guidelines

The National Institutes of Health (NIH) recommends the following physical activity levels for adults:

- Some activity is better than none. Sitting less and doing any amount of moderate or vigorous physical activity will benefit your health.
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- Muscle-strengthening activities that work all major muscle groups on two or more days a week.
- Those 65 years of age or older should engage in activities that challenge balance at least once each week, but those under 65 may also benefit from balance training.

## **What Should You Do Now?**

Everyone is encouraged to work towards meeting the NIH Physical Activity Guidelines. The more you move, the more likely you are to maintain your mobility.

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## **Specific Recommendations:**

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  - Lunging exercises
  - Upper extremity strengthening
  - Other
  - Static balance exercises
  - Dynamic balance exercises
  - Walking program
  - Stair climbing

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- Referral to a community-based program:

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- Referral to physical therapy:

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- Referral to another healthcare professional:

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**Physical Therapist Name:** \_\_\_\_\_

**Physical Therapist Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

### ***Women, Age 60-69 Form - Repeat***

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

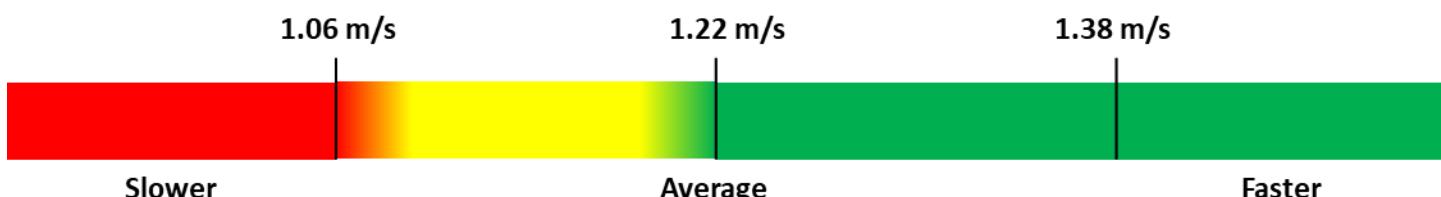
Thank you for completing the Mobility Assessment! This "report card" provides a summary of your results. Improvements in these areas and increases in your physical activity levels will help you maintain and even improve your overall health and mobility. Keep a copy of this report and share your results with your doctor or health care provider.

## **Usual Walking Speed:**

This is a measure of your overall mobility.

Your score is  meters/second.

Less than 0.7 meters/second suggests a higher risk of falling, future mobility problems, and declining health.



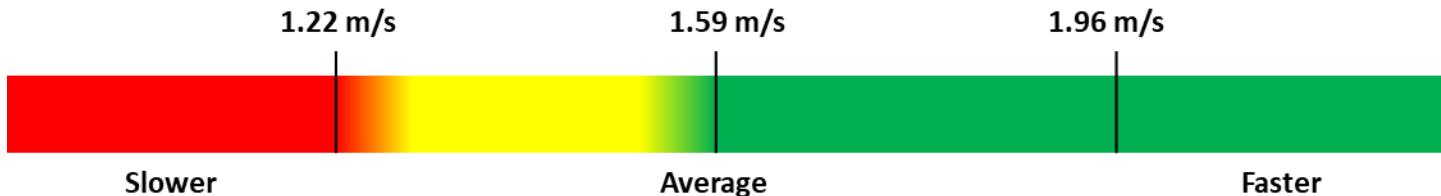
Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## Fast Walking Speed:

This is a measure of your maximum mobility potential.

Your score is            meters/second.

Less than 1.10 meters/second suggests a higher risk of falling, future mobility problems, and declining health.



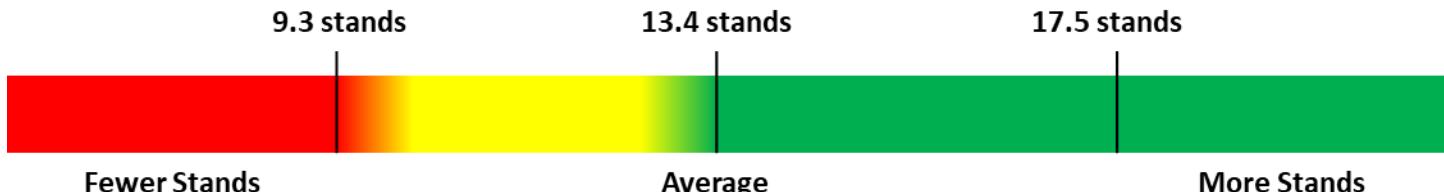
Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## 30 Second Sit to Stand Test:

This is a measure of your leg strength and power.

Your score is \_\_\_\_\_ stands

Less than 7 stands suggests a higher risk of falling and future mobility problems.



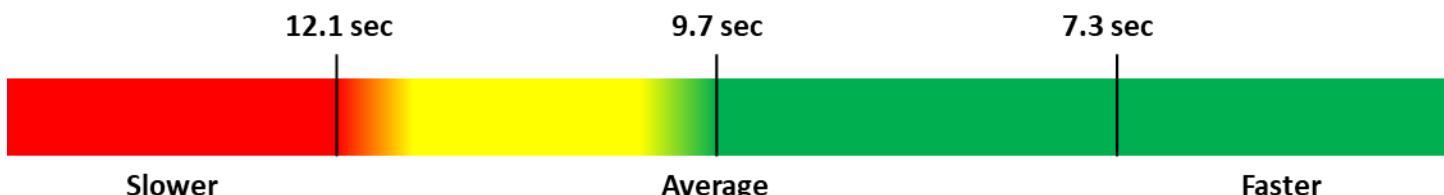
Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## **The Four-Square Step Test:**

This is a measure of how quickly you can move in different directions and step over objects. It is an indicator of your dynamic balance.

Your score is \_\_\_\_\_ seconds.

More than 15 seconds or not being able to complete the test suggests a higher risk of falling and future mobility problems.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## **The Timed Up and Go Test:**

This is a measure of your balance and mobility.

Your score is        **seconds**.

More than 12 seconds suggests a higher risk of falling and future mobility problems.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## **The Timed Up and Go Test with a Cognitive Task:**

This is a measure of how well you can do two things at the same time.

Your score is        **seconds**.

More than 13.5 seconds suggests a higher risk of falling and future mobility problems.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## Summary of Physical Performance Tests

	Red	Yellow	Green
<b>Usual Gait Speed</b>			
<b>Fast Gait Speed</b>			
<b>30 Second Sit to Stand</b>			
<b>Four-Square Step Test</b>			
<b>Timed Up and Go</b>			
<b>Timed up and Go with a Cognitive Task</b>			

## Falls Risk

As part of the intake form, you were asked about your concerns around falling, if you have fallen, and if you feel unsteady.

You answered "yes" to \_\_\_\_\_ questions about falling.

If you answered yes to any of these questions, and had mobility scores in the yellow or red, you may need a full falls risk assessment. Ask your primary care provider to refer you to a physical therapist with expertise in reducing risk of future falls.

## Your Activity Levels

	Little Activity	Some Activity	Meeting Guidelines	Exceeding Guidelines
<b>Aerobic Training</b>				
<b>Resistance Training</b>				
<b>Balance Training</b>				

## Physical Activity Guidelines

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## **Specific Recommendations:**

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  - Lunging exercises
  - Upper extremity strengthening
  - Other
  - Static balance exercises
  - Dynamic balance exercises
  - Walking program
  - Stair climbing

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- Referral to a community-based program:

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- Referral to physical therapy:

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- Referral to another healthcare professional:

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**Physical Therapist Name:** \_\_\_\_\_

**Physical Therapist Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## Women, Age 70-79 Form - Repeat

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

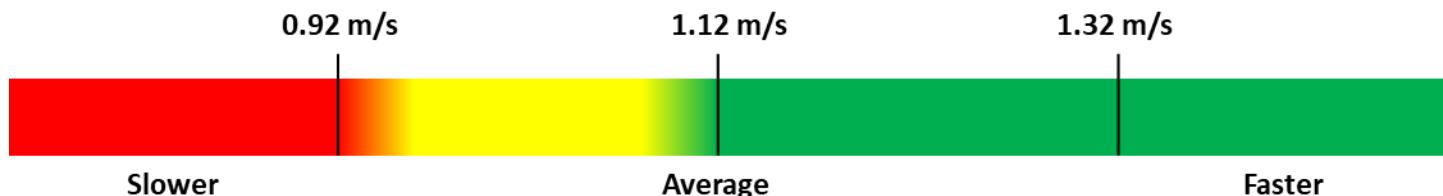
Thank you for completing the Mobility Assessment! This "report card" provides a summary of your results. Improvements in these areas and increases in your physical activity levels will help you maintain and even improve your overall health and mobility. Keep a copy of this report and share your results with your doctor or health care provider.

### Usual Walking Speed:

This is a measure of your overall mobility.

Your score is \_\_\_\_\_ **meters/second**.

Less than 0.7 meters/second suggests a higher risk of falling, future mobility problems, and declining health.



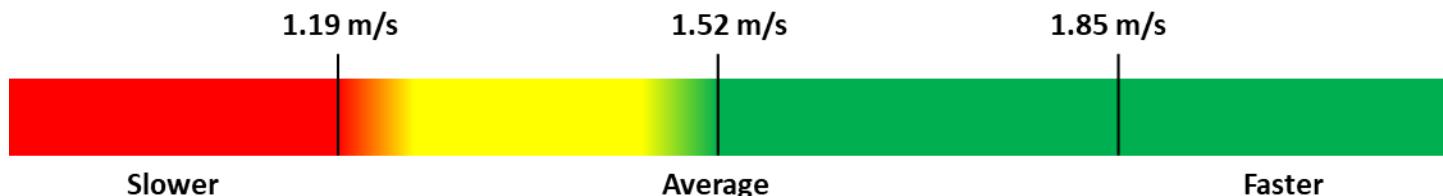
Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

### Fast Walking Speed:

This is a measure of your maximum mobility potential.

Your score is \_\_\_\_\_ **meters/second**.

Less than 1.10 meters/second suggests a higher risk of falling, future mobility problems, and declining health.



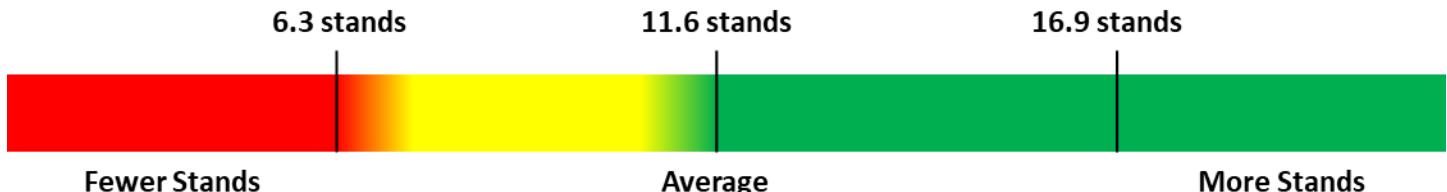
Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## 30 Second Sit to Stand Test:

This is a measure of your leg strength and power.

Your score is \_\_\_\_\_ stands

Less than 7 stands suggests a higher risk of falling and future mobility problems.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## **The Four-Square Step Test:**

This is a measure of how quickly you can move in different directions and step over objects. It is an indicator of your dynamic balance.

Your score is \_\_\_\_\_ seconds.

More than 15 seconds or not being able to complete the test suggests a higher risk of falling and future mobility problems.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## **The Timed Up and Go Test:**

This is a measure of your balance and mobility.

Your score is        **seconds**.

More than 12 seconds suggests a higher risk of falling and future mobility problems.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## **The Timed Up and Go Test with a Cognitive Task:**

This is a measure of how well you can do two things at the same time.

Your score is        **seconds**.

More than 13.5 seconds suggests a higher risk of falling and future mobility problems.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## Summary of Physical Performance Tests

	Red	Yellow	Green
<b>Usual Gait Speed</b>			
<b>Fast Gait Speed</b>			
<b>30 Second Sit to Stand</b>			
<b>Four-Square Step Test</b>			
<b>Timed Up and Go</b>			
<b>Timed up and Go with a Cognitive Task</b>			

## Falls Risk

As part of the intake form, you were asked about your concerns around falling, if you have fallen, and if you feel unsteady.

You answered "yes" to \_\_\_\_\_ questions about falling.

If you answered yes to any of these questions, and had mobility scores in the yellow or red, you may need a full falls risk assessment. Ask your primary care provider to refer you to a physical therapist with expertise in reducing risk of future falls.

## Your Activity Levels

	Little Activity	Some Activity	Meeting Guidelines	Exceeding Guidelines
<b>Aerobic Training</b>				
<b>Resistance Training</b>				
<b>Balance Training</b>				

## Physical Activity Guidelines

The National Institutes of Health (NIH) recommends the following physical activity levels for adults:

- Some activity is better than none. Sitting less and doing any amount of moderate or vigorous physical activity will benefit your health.
- At least 150 minutes of moderate or 75 minutes of vigorous activity per week. A mix of both moderate and vigorous activity is also acceptable.
- Muscle-strengthening activities that work all major muscle groups on two or more days a week.
- Those 65 years of age or older should engage in activities that challenge balance at least once each week, but those under 65 may also benefit from balance training.

## **What Should You Do Now?**

Everyone is encouraged to work towards meeting the NIH Physical Activity Guidelines. The more you move, the more likely you are to maintain your mobility.

If **ALL** your results fall into the green boxes, you're moving well. Continue to prioritize physical activity and exercise. If you are not meeting the physical activity guidelines, consider working towards these recommendations.

If **SOME** or all of your results fall into the yellow boxes, future mobility problems are likely. Take steps to increase your level of activity and exercise! You may consider an appointment with a physical therapist for guidance and suggestions about improving your mobility and reducing your level of risk.

If **ANY** of your results fall into the red boxes, you should make an appointment with a physical therapist or your health care provider for further evaluation and intervention to improve your mobility and reduce your risk of falls and health decline.

## **Specific Recommendations:**

Based on your assessment, your physical therapist recommends the following.

- No referral necessary
- Start exercises based on results
  - Squats, sit to stand exercises
  - Ankle strengthening
  - Lunging exercises
  - Upper extremity strengthening
  - Other
  - Static balance exercises
  - Dynamic balance exercises
  - Walking program
  - Stair climbing

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- Referral to a community-based program:

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- Referral to physical therapy:

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- Referral to another healthcare professional:

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**Physical Therapist Name:** \_\_\_\_\_

**Physical Therapist Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## Women, Age 80-89 Form - Repeat

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

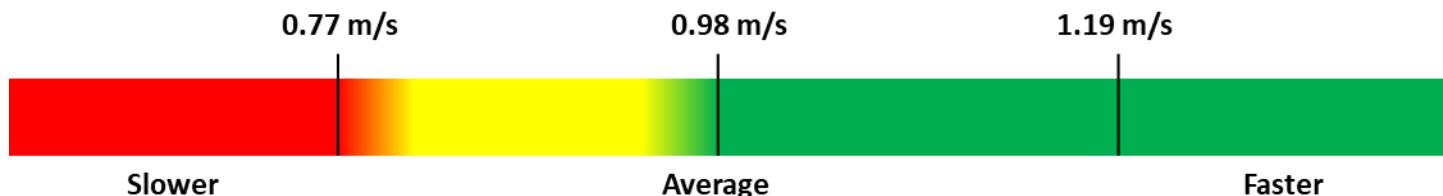
Thank you for completing the Mobility Assessment! This "report card" provides a summary of your results. Improvements in these areas and increases in your physical activity levels will help you maintain and even improve your overall health and mobility. Keep a copy of this report and share your results with your doctor or health care provider.

### Usual Walking Speed:

This is a measure of your overall mobility.

Your score is \_\_\_\_\_ **meters/second**.

Less than 0.7 meters/second suggests a higher risk of falling, future mobility problems, and declining health.



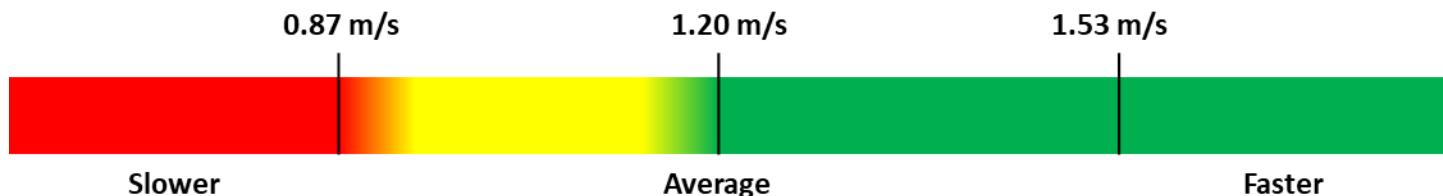
Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

### Fast Walking Speed:

This is a measure of your maximum mobility potential.

Your score is \_\_\_\_\_ **meters/second**.

Less than 1.10 meters/second suggests a higher risk of falling, future mobility problems, and declining health.



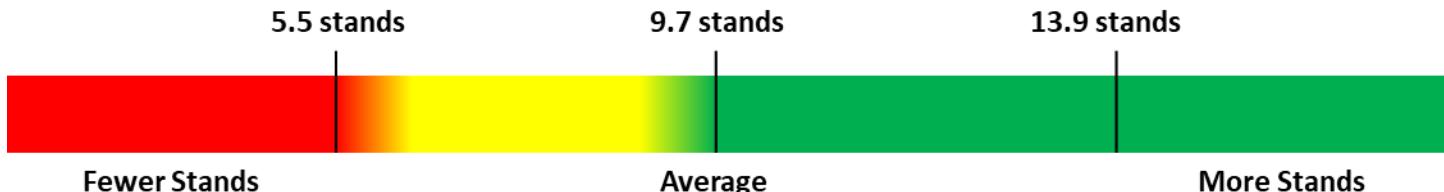
Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## **30 Second Sit to Stand Test:**

This is a measure of your leg strength and power.

Your score is \_\_\_\_\_ stands

Less than 7 stands suggests a higher risk of falling and future mobility problems.



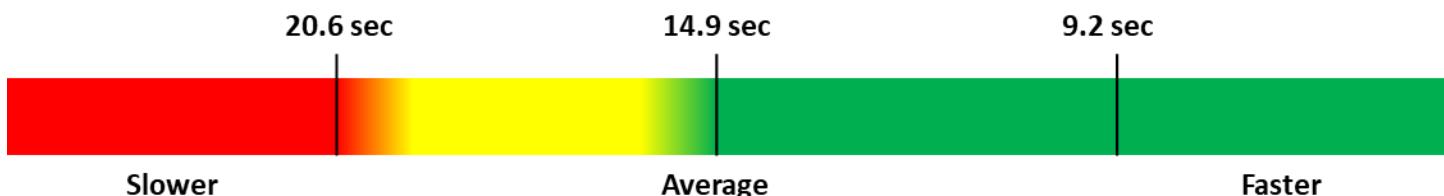
Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## **The Four-Square Step Test:**

This is a measure of how quickly you can move in different directions and step over objects. It is an indicator of your dynamic balance.

Your score is **seconds.**

More than 15 seconds or not being able to complete the test suggests a higher risk of falling and future mobility problems.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## **The Timed Up and Go Test:**

This is a measure of your balance and mobility.

Your score is        **seconds**.

More than 12 seconds suggests a higher risk of falling and future mobility problems.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## **The Timed Up and Go Test with a Cognitive Task:**

This is a measure of how well you can do two things at the same time.

Your score is        **seconds**.

More than 13.5 seconds suggests a higher risk of falling and future mobility problems.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## Summary of Physical Performance Tests

	Red	Yellow	Green
<b>Usual Gait Speed</b>			
<b>Fast Gait Speed</b>			
<b>30 Second Sit to Stand</b>			
<b>Four-Square Step Test</b>			
<b>Timed Up and Go</b>			
<b>Timed up and Go with a Cognitive Task</b>			

## Falls Risk

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You answered "yes" to \_\_\_\_\_ questions about falling.

If you answered yes to any of these questions, and had mobility scores in the yellow or red, you may need a full falls risk assessment. Ask your primary care provider to refer you to a physical therapist with expertise in reducing risk of future falls.

## Your Activity Levels

	Little Activity	Some Activity	Meeting Guidelines	Exceeding Guidelines
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<b>Resistance Training</b>				
<b>Balance Training</b>				

## Physical Activity Guidelines

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## **What Should You Do Now?**

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  - Static balance exercises
  - Dynamic balance exercises
  - Walking program
  - Stair climbing

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- Referral to a community-based program:

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- Referral to physical therapy:

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- Referral to another healthcare professional:

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**Physical Therapist Name:** \_\_\_\_\_

**Physical Therapist Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## Women, Age 90+ Form - Repeat

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

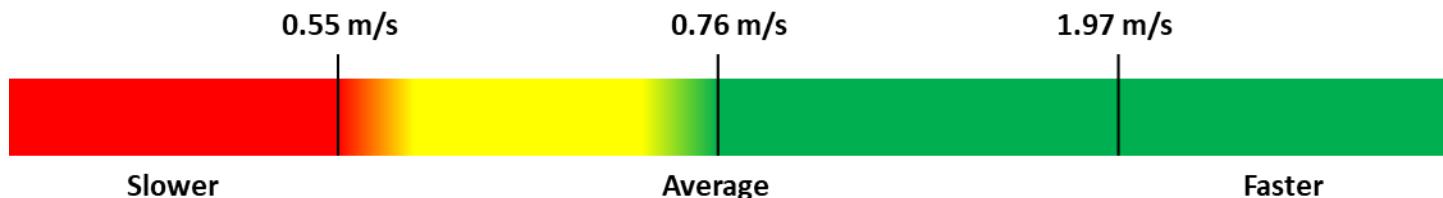
Thank you for completing the Mobility Assessment! This "report card" provides a summary of your results. Improvements in these areas and increases in your physical activity levels will help you maintain and even improve your overall health and mobility. Keep a copy of this report and share your results with your doctor or health care provider.

### Usual Walking Speed:

This is a measure of your overall mobility.

Your score is \_\_\_\_\_ **meters/second**.

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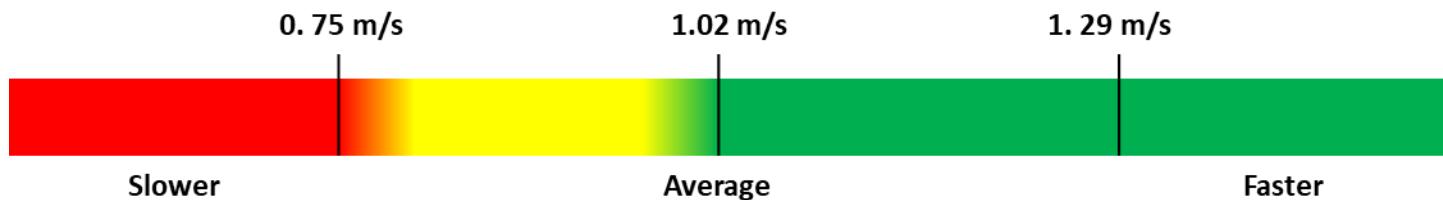
Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

### Fast Walking Speed:

This is a measure of your maximum mobility potential.

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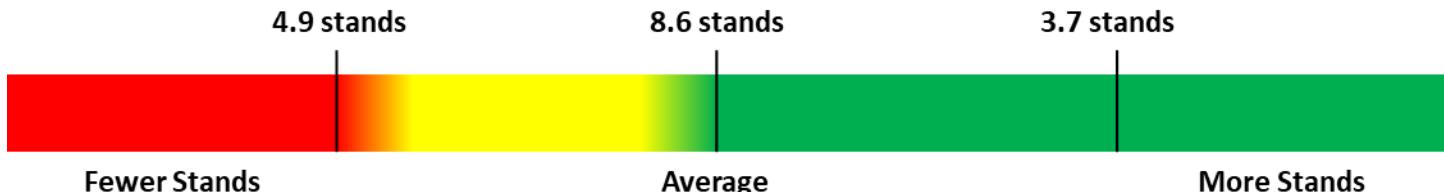
Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

## 30 Second Sit to Stand Test:

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Your score is \_\_\_\_\_ stands

Less than 7 stands suggests a higher risk of falling and future mobility problems.



Previous Score and Date		Previous Score and Date	
Previous Score and Date		Previous Score and Date	

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Previous Score and Date		Previous Score and Date	
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## **The Timed Up and Go Test:**

This is a measure of your balance and mobility.

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Previous Score and Date		Previous Score and Date	

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This is a measure of how well you can do two things at the same time.

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Previous Score and Date		Previous Score and Date	
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<b>Timed up and Go with a Cognitive Task</b>			

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- Referral to a community-based program:

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- Referral to physical therapy:

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- Referral to another healthcare professional:

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**Physical Therapist Name:** \_\_\_\_\_

**Physical Therapist Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_