

## Report Cards for the Annual Mobility Screen

This document has one generic score sheet for the APTA Geriatrics Annual Mobility Screen. After that, there are sex and age specific report cards with the averages and cut scores for Mobility Limitation, Preclinical Mobility Limitation, and No Preclinical Mobility Limitation listed. The sex and age specific ones can be used to save time in looking up normative data in the Interpretation Guide and also provide the client with ranges. More information on the Annual Mobility Screen [can be found here](#).

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## Generic Form

Client Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Screen: \_\_\_\_\_

Thank you for completing the Mobility Screen! This “report card” reviews your results and what your results mean for your risk of falls and declining function. Keep a copy of this report and share your results with your doctor/health care provider.

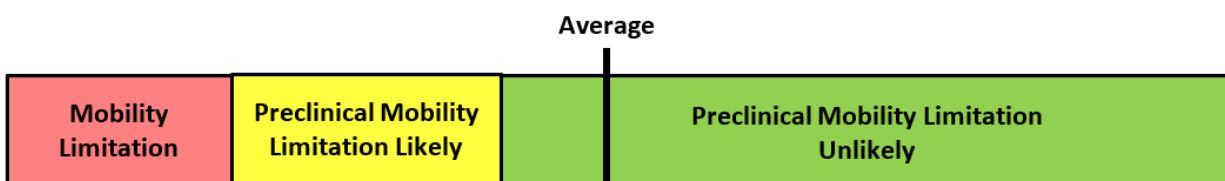
### USUAL WALKING SPEED:

Walking speed is a measure of how mobile you are.

Your Usual Walking Speed is \_\_\_\_\_ **meters/second**.

Most people of your age and gender walk at \_\_\_\_\_ meters/second.

Walking less than 0.7 meters/second is a risk factor for falls, declining health, and poor mobility.



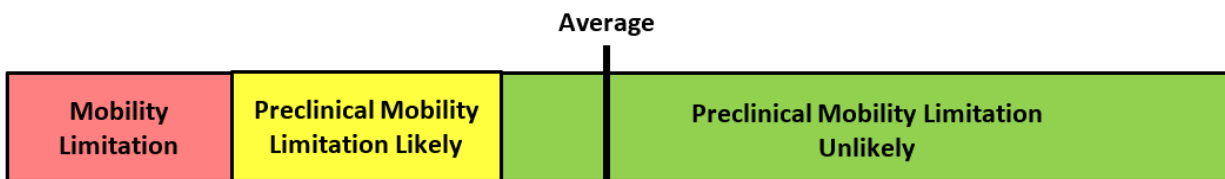
### FAST WALKING SPEED:

Your ability to increase walking speed tells us about your functional reserve.

Your Fast Walking Speed is \_\_\_\_\_ **meters/second**.

Most people of your age can walk quickly at \_\_\_\_\_ meters/second.

Fast walking less than 1.10 meters/second is a risk factor for falls, declining health, mobility, and daily function.



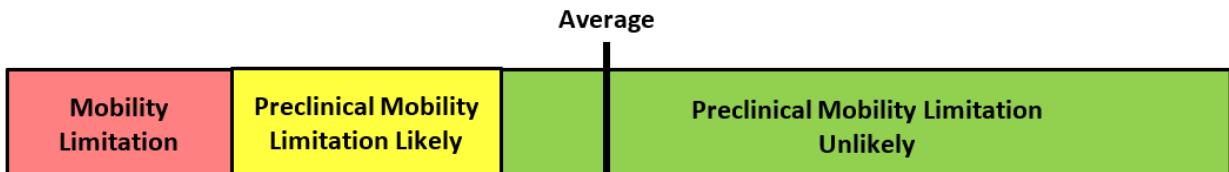
### 30 SECOND SIT TO STAND TEST:

The ability to stand up and sit down repetitively tells you how strong and powerful your legs are.

Today, you were able to complete \_\_\_\_\_ **sitting to standing cycles.**

Most people your age can complete \_\_\_\_\_ cycles.

If you can't stand up without using your arms, or can only stand a sit a few times in a row, your leg strength is low, which makes moving around more difficult.



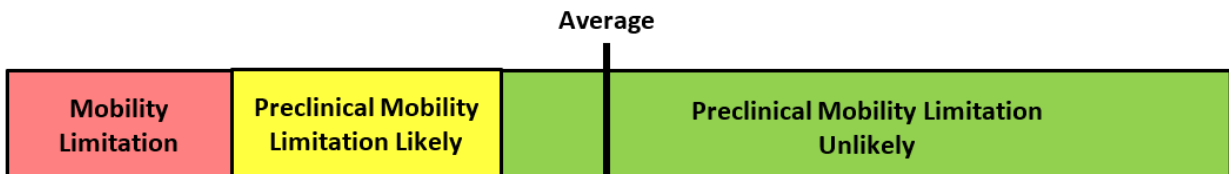
### The 4-SQUARE STEP TEST

This test measures your balance as you step over obstacles while moving in different directions

Today, your 4 Square Step time was: \_\_\_\_\_ **seconds.**

Most people your age complete the 4 Square Step Test in \_\_\_\_\_ seconds.

A 4-Square Step Time more than 15 seconds suggests a high risk of falls and future mobility problems.



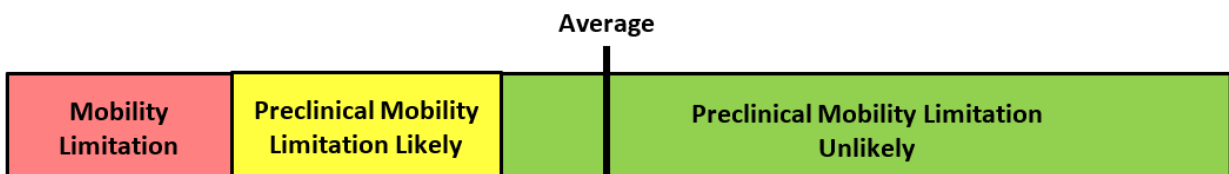
### The TIMED UP AND GO (TUG) test

This test measures your balance and how well you move around.

Today your TUG time was \_\_\_\_\_ **seconds.**

Most people your age complete the TUG in \_\_\_\_\_ seconds.

Taking more than 12 seconds to complete the TUG suggests you may be at risk of falling and future mobility problems.



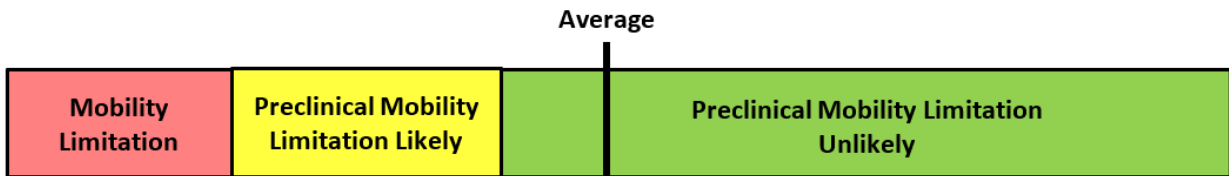
## The 2-TASK TUG:

Adding a mental task to the TUG measures how well you can do two things at the same time.

Today your 2-Task TUG Time was \_\_\_\_\_ **seconds**.

Most people your age complete the 2-Task TUG in \_\_\_\_\_ seconds.

A 2-Task TUG test time of more than 13.5 sec. suggests you may be at higher risk of falling.



## Summary of Results

	Mobility Limitation	Preclinical Mobility Limitation	Preclinical Mobility Limitation Unlikely
Usual Gait Speed			
Fast Gait Speed			
Sit to Stand			
Step Test			
Timed Up and Go			
Timed up and Go Cognitive			

## Physical Activity Guidelines

	Little to no activity	Some activity	Meeting recommendations	Exceeding recommendations
Aerobic Training				
Resistance Training				
Balance Training				

## WHAT SHOULD YOU DO NOW?

Everyone is encouraged to work towards meeting the Physical Activity Guidelines. Attached to this report are the recommendations and your physical therapist will discuss with you some next steps toward meeting these guidelines. The more you move, the more likely you are to maintain your mobility.

If **ALL** your results fall into the green “low risk” box, you’re moving round well. Increasing your level of activity or exercise will help improve your mobility even more!

If **SOME** or all of your results fall into the yellow “moderate risk” box, future falls and additional mobility problems are likely. Take steps to increase your level of activity and exercise! There are many community-based programs you can attend, or you make an appointment with a physical therapist for guidance and suggestions about improving mobility and reducing your level of risk.

If **ANY** of your results fall into the red “high risk” box, it’s time to make an appointment with a physical therapist or your health care provider for further evaluation and intervention to reduce your risk of falls and decline in mobility!

## SPECIFIC RECOMMENDATIONS:

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

- ☐ No referral necessary
- ☐ Start exercises based on results \_\_\_\_\_
- ☐ Referral to a community-based program (which one) \_\_\_\_\_
- ☐ Referral to physical therapy (why) \_\_\_\_\_
- ☐ Referral to another healthcare professional (which one) \_\_\_\_\_

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

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

**Phone Number:** \_\_\_\_\_ **Email:** \_\_\_\_\_

## Men, Age 50-59 Form

Client Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Screen: \_\_\_\_\_

Thank you for completing the Mobility Screen! This “report card” reviews your results and what your results mean for your risk of falls and declining function. Keep a copy of this report and share your results with your doctor/health care provider.

### USUAL WALKING SPEED:

Walking speed is a measure of how mobile you are.

Your Usual Walking Speed is \_\_\_\_\_ **meters/second**.

Most people of your age and gender walk at 1.31 meters/second.

Walking less than 0.7 meters/second is a risk factor for falls, declining health, and poor mobility.

		1.31 m/s	
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
1.15 m/s or less	1.16-1.22 m/s	1.23 m/s or greater	

### FAST WALKING SPEED:

Your ability to increase walking speed tells us about your functional reserve.

Your Fast Walking Speed is \_\_\_\_\_ **meters/second**.

Most people of your age can walk quickly at 1.33 meters/second.

Fast walking less than 1.10 meters/second is a risk factor for falls, declining health, mobility, and daily function.

		1.33 m/s	
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
0.78 m/s or less	0.79-1.25 m/s	1.26 m/s or greater	

### 30 SECOND SIT TO STAND TEST:

The ability to stand up and sit down repetitively tells you how strong and powerful your legs are.

Today, you were able to complete \_\_\_\_\_ **sitting to standing cycles.**

Most people your age can complete 13.9 cycles.

If you can't stand up without using your arms, or can only stand a sit a few times in a row, your leg strength is low, which makes moving around more difficult.

			13.9 reps
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
10 reps or less	10-11 reps	12 reps or greater	

### The 4-SQUARE STEP TEST

This test measures your balance as you step over obstacles while moving in different directions

Today, your 4 Square Step time was: \_\_\_\_\_ **seconds.**

Most people your age complete the 4 Square Step Test in 10.2 seconds.

A 4-Square Step Time more than 15 seconds suggests a high risk of falls and future mobility problems.

			10.2 sec
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
13.5 sec or greater	11.9-13.4 sec	11.8 sec or less	

### The TIMED UP AND GO (TUG) test

This test measures your balance and how well you move around.

Today your TUG time was \_\_\_\_\_ **seconds.**

Most people your age complete the TUG in 7.5 seconds.

Taking more than 12 seconds to complete the TUG suggests you may be at risk of falling and future mobility problems.

			7.5 sec
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
9.0 sec or greater	8.4-8.9 sec	8.3 sec or less	



## The 2-TASK TUG:

Adding a mental task to the TUG measures how well you can do two things at the same time.

Today your 2-Task TUG Time was \_\_\_\_\_ **seconds**.

Most people your age complete the 2-Task TUG in 10.1 seconds.

A 2-Task TUG test time of more than 13.5 sec. suggests you may be at higher risk of falling.

		10.1 sec	
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
12.2 sec or greater	11.3-12.1 sec	11.2 sec or less	

## Summary of Results

	<b>Mobility Limitation</b>	<b>Preclinical Mobility Limitation</b>	<b>Preclinical Mobility Limitation Unlikely</b>
<b>Usual Gait Speed</b>			
<b>Fast Gait Speed</b>			
<b>Sit to Stand</b>			
<b>Step Test</b>			
<b>Timed Up and Go</b>			
<b>Timed up and Go Cognitive</b>			

## Physical Activity Guidelines

	<b>Little to no activity</b>	<b>Some activity</b>	<b>Meeting recommendations</b>	<b>Exceeding recommendations</b>
<b>Aerobic Training</b>				
<b>Resistance Training</b>				
<b>Balance Training</b>				

## WHAT SHOULD YOU DO NOW?

Everyone is encouraged to work towards meeting the Physical Activity Guidelines. Attached to this report are the recommendations and your physical therapist will discuss with you some next steps toward meeting these guidelines. The more you move, the more likely you are to maintain your mobility.

If **ALL** your results fall into the green “low risk” box, you’re moving round well. Increasing your level of activity or exercise will help improve your mobility even more!

If **SOME** or all of your results fall into the yellow “moderate risk” box, future falls and additional mobility problems are likely. Take steps to increase your level of activity and exercise! There are many community-based programs you can attend, or you make an appointment with a physical therapist for guidance and suggestions about improving mobility and reducing your level of risk.

If **ANY** of your results fall into the red “high risk” box, it’s time to make an appointment with a physical therapist or your health care provider for further evaluation and intervention to reduce your risk of falls and decline in mobility!

## SPECIFIC RECOMMENDATIONS:

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

- ☐ No referral necessary
- ☐ Start exercises based on results \_\_\_\_\_
- ☐ Referral to a community-based program (which one) \_\_\_\_\_
- ☐ Referral to physical therapy (why) \_\_\_\_\_
- ☐ Referral to another healthcare professional (which one) \_\_\_\_\_

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

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

**Phone Number:** \_\_\_\_\_ **Email:** \_\_\_\_\_

## Men, Age 60-69 Form

Client Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Screen: \_\_\_\_\_

Thank you for completing the Mobility Screen! This “report card” reviews your results and what your results mean for your risk of falls and declining function. Keep a copy of this report and share your results with your doctor/health care provider.

### USUAL WALKING SPEED:

Walking speed is a measure of how mobile you are.

Your Usual Walking Speed is \_\_\_\_\_ **meters/second**.

Most people of your age and gender walk at 1.27 meters/second.

Walking less than 0.7 meters/second is a risk factor for falls, declining health, and poor mobility.

			1.27 m/s	
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>			<b>Preclinical Mobility Limitation Unlikely</b>
1.10 m/s or less	1.11-1.18 m/s			1.19 m/s or greater

### FAST WALKING SPEED:

Your ability to increase walking speed tells us about your functional reserve.

Your Fast Walking Speed is \_\_\_\_\_ **meters/second**.

Most people of your age can walk quickly at 1.40 meters/second.

Fast walking less than 1.10 meters/second is a risk factor for falls, declining health, mobility, and daily function.

			1.40 m/s	
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>			<b>Preclinical Mobility Limitation Unlikely</b>
1.10 m/s or less	1.11-1.25 m/s			1.26 m/s or greater

### 30 SECOND SIT TO STAND TEST:

The ability to stand up and sit down repetitively tells you how strong and powerful your legs are.

Today, you were able to complete \_\_\_\_\_ **sitting to standing cycles.**

Most people your age can complete 20.2 cycles.

If you can't stand up without using your arms, or can only stand a sit a few times in a row, your leg strength is low, which makes moving around more difficult.

		20.2 reps
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Unlikely</b>
15 reps or less	16-17 reps	18 reps or greater

### The 4-SQUARE STEP TEST

This test measures your balance as you step over obstacles while moving in different directions

Today, your 4 Square Step time was: \_\_\_\_\_ **seconds.**

Most people your age complete the 4 Square Step Test in 9.4 seconds.

A 4-Square Step Time more than 15 seconds suggests a high risk of falls and future mobility problems.

		9.4 sec
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Unlikely</b>
11.3 sec or greater	10.4-11.2 sec	10.3 sec or less

### The TIMED UP AND GO (TUG) test

This test measures your balance and how well you move around.

Today your TUG time was \_\_\_\_\_ **seconds.**

Most people your age complete the TUG in 10.6 seconds.

Taking more than 12 seconds to complete the TUG suggests you may be at risk of falling and future mobility problems.

		10.6 sec
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Unlikely</b>
17.0 sec or greater	13.8-16.9 sec	13.8 sec or less

## The 2-TASK TUG:

Adding a mental task to the TUG measures how well you can do two things at the same time.

Today your 2-Task TUG Time was \_\_\_\_\_ **seconds**.

Most people your age complete the 2-Task TUG in 13.2 seconds.

A 2-Task TUG test time of more than 13.5 sec. suggests you may be at higher risk of falling.

		13.2 sec	
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
20.5 sec or greater	16.8-20.4 sec	16.7 sec or less	

## Summary of Results

	<b>Mobility Limitation</b>	<b>Preclinical Mobility Limitation</b>	<b>Preclinical Mobility Limitation Unlikely</b>
<b>Usual Gait Speed</b>			
<b>Fast Gait Speed</b>			
<b>Sit to Stand</b>			
<b>Step Test</b>			
<b>Timed Up and Go</b>			
<b>Timed up and Go Cognitive</b>			

## Physical Activity Guidelines

	<b>Little to no activity</b>	<b>Some activity</b>	<b>Meeting recommendations</b>	<b>Exceeding recommendations</b>
<b>Aerobic Training</b>				
<b>Resistance Training</b>				
<b>Balance Training</b>				

## WHAT SHOULD YOU DO NOW?

Everyone is encouraged to work towards meeting the Physical Activity Guidelines. Attached to this report are the recommendations and your physical therapist will discuss with you some next steps toward meeting these guidelines. The more you move, the more likely you are to maintain your mobility.

If **ALL** your results fall into the green “low risk” box, you’re moving round well. Increasing your level of activity or exercise will help improve your mobility even more!

If **SOME** or all of your results fall into the yellow “moderate risk” box, future falls and additional mobility problems are likely. Take steps to increase your level of activity and exercise! There are many community-based programs you can attend, or you make an appointment with a physical therapist for guidance and suggestions about improving mobility and reducing your level of risk.

If **ANY** of your results fall into the red “high risk” box, it’s time to make an appointment with a physical therapist or your health care provider for further evaluation and intervention to reduce your risk of falls and decline in mobility!

## SPECIFIC RECOMMENDATIONS:

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

- ☐ No referral necessary
- ☐ Start exercises based on results \_\_\_\_\_
- ☐ Referral to a community-based program (which one) \_\_\_\_\_
- ☐ Referral to physical therapy (why) \_\_\_\_\_
- ☐ Referral to another healthcare professional (which one) \_\_\_\_\_

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

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

**Phone Number:** \_\_\_\_\_ **Email:** \_\_\_\_\_

## Men, Age 70-79 Form

Client Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Screen: \_\_\_\_\_

Thank you for completing the Mobility Screen! This “report card” reviews your results and what your results mean for your risk of falls and declining function. Keep a copy of this report and share your results with your doctor/health care provider.

### USUAL WALKING SPEED:

Walking speed is a measure of how mobile you are.

Your Usual Walking Speed is \_\_\_\_\_ **meters/second**.

Most people of your age and gender walk at 1.18 meters/second.

Walking less than 0.7 meters/second is a risk factor for falls, declining health, and poor mobility.

		1.18 m/s	
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
0.98 m/s or less	0.99-1.08 m/s	1.09 m/s or greater	

### FAST WALKING SPEED:

Your ability to increase walking speed tells us about your functional reserve.

Your Fast Walking Speed is \_\_\_\_\_ **meters/second**.

Most people of your age can walk quickly at 1.58 meters/second.

Fast walking less than 1.10 meters/second is a risk factor for falls, declining health, mobility, and daily function.

		1.58 m/s	
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
1.07 m/s or less	1.08-1.33 m/s	1.34 m/s or greater	

### 30 SECOND SIT TO STAND TEST:

The ability to stand up and sit down repetitively tells you how strong and powerful your legs are.

Today, you were able to complete \_\_\_\_\_ **sitting to standing cycles.**

Most people your age can complete 14.0 cycles.

If you can't stand up without using your arms, or can only stand a sit a few times in a row, your leg strength is low, which makes moving around more difficult.

			14.0 reps
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
8 reps or less	9-10 reps	11 reps or greater	

### The 4-SQUARE STEP TEST

This test measures your balance as you step over obstacles while moving in different directions

Today, your 4 Square Step time was: \_\_\_\_\_ **seconds.**

Most people your age complete the 4 Square Step Test in 10.9 seconds.

A 4-Square Step Time more than 15 seconds suggests a high risk of falls and future mobility problems.

			10.9 sec
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
15.1 sec or greater	13.0-15.0 sec	12.9 sec or less	

### The TIMED UP AND GO (TUG) test

This test measures your balance and how well you move around.

Today your TUG time was \_\_\_\_\_ **seconds.**

Most people your age complete the TUG in 8.6 seconds.

Taking more than 12 seconds to complete the TUG suggests you may be at risk of falling and future mobility problems.

			8.6 sec
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
11.4 sec or greater	10.1-11.3 sec	10.0 sec or less	



## The 2-TASK TUG:

Adding a mental task to the TUG measures how well you can do two things at the same time.

Today your 2-Task TUG Time was \_\_\_\_\_ **seconds**.

Most people your age complete the 2-Task TUG in 11.6 seconds.

A 2-Task TUG test time of more than 13.5 sec. suggests you may be at higher risk of falling.

		11.6 sec	
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Unlikely</b>	
15.7 sec or greater	13.6-15.6 sec	13.5 sec or less	

## Summary of Results

	<b>Mobility Limitation</b>	<b>Preclinical Mobility Limitation</b>	<b>Preclinical Mobility Limitation Unlikely</b>
<b>Usual Gait Speed</b>			
<b>Fast Gait Speed</b>			
<b>Sit to Stand</b>			
<b>Step Test</b>			
<b>Timed Up and Go</b>			
<b>Timed up and Go Cognitive</b>			

## Physical Activity Guidelines

	<b>Little to no activity</b>	<b>Some activity</b>	<b>Meeting recommendations</b>	<b>Exceeding recommendations</b>
<b>Aerobic Training</b>				
<b>Resistance Training</b>				
<b>Balance Training</b>				

## WHAT SHOULD YOU DO NOW?

Everyone is encouraged to work towards meeting the Physical Activity Guidelines. Attached to this report are the recommendations and your physical therapist will discuss with you some next steps toward meeting these guidelines. The more you move, the more likely you are to maintain your mobility.

If **ALL** your results fall into the green “low risk” box, you’re moving round well. Increasing your level of activity or exercise will help improve your mobility even more!

If **SOME** or all of your results fall into the yellow “moderate risk” box, future falls and additional mobility problems are likely. Take steps to increase your level of activity and exercise! There are many community-based programs you can attend, or you make an appointment with a physical therapist for guidance and suggestions about improving mobility and reducing your level of risk.

If **ANY** of your results fall into the red “high risk” box, it’s time to make an appointment with a physical therapist or your health care provider for further evaluation and intervention to reduce your risk of falls and decline in mobility!

## SPECIFIC RECOMMENDATIONS:

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

- ☐ No referral necessary
- ☐ Start exercises based on results \_\_\_\_\_
- ☐ Referral to a community-based program (which one) \_\_\_\_\_
- ☐ Referral to physical therapy (why) \_\_\_\_\_
- ☐ Referral to another healthcare professional (which one) \_\_\_\_\_

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

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

**Phone Number:** \_\_\_\_\_ **Email:** \_\_\_\_\_

## Men, Age 80-89 Form

Client Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Screen: \_\_\_\_\_

Thank you for completing the Mobility Screen! This “report card” reviews your results and what your results mean for your risk of falls and declining function. Keep a copy of this report and share your results with your doctor/health care provider.

### USUAL WALKING SPEED:

Walking speed is a measure of how mobile you are.

Your Usual Walking Speed is \_\_\_\_\_ **meters/second**.

Most people of your age and gender walk at 1.02 meters/second.

Walking less than 0.7 meters/second is a risk factor for falls, declining health, and poor mobility.

		1.02 m/s	
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
0.82 m/s or less	0.83-0.92 m/s	0.93 m/s or greater	

### FAST WALKING SPEED:

Your ability to increase walking speed tells us about your functional reserve.

Your Fast Walking Speed is \_\_\_\_\_ **meters/second**.

Most people of your age can walk quickly at 1.36 meters/second.

Fast walking less than 1.10 meters/second is a risk factor for falls, declining health, mobility, and daily function.

		1.36 m/s	
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
0.98 m/s or less	0.99-1.17 m/s	1.18 m/s or greater	

### 30 SECOND SIT TO STAND TEST:

The ability to stand up and sit down repetitively tells you how strong and powerful your legs are.

Today, you were able to complete \_\_\_\_\_ **sitting to standing cycles.**

Most people your age can complete 9.1 cycles.

If you can't stand up without using your arms, or can only stand a sit a few times in a row, your leg strength is low, which makes moving around more difficult.

			9.1 reps
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
3 reps or less	6 reps	7 reps or greater	

### The 4-SQUARE STEP TEST

This test measures your balance as you step over obstacles while moving in different directions

Today, your 4 Square Step time was: \_\_\_\_\_ **seconds.**

Most people your age complete the 4 Square Step Test in 15.8 seconds.

A 4-Square Step Time more than 15 seconds suggests a high risk of falls and future mobility problems.

			15.8 sec
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
23.8 sec or greater	19.8-23.7 sec	19.7 sec or less	

### The TIMED UP AND GO (TUG) test

This test measures your balance and how well you move around.

Today your TUG time was \_\_\_\_\_ **seconds.**

Most people your age complete the TUG in 11.5 seconds.

Taking more than 12 seconds to complete the TUG suggests you may be at risk of falling and future mobility problems.

			11.5 sec
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
15.1 sec or greater	13.4-15.0 sec	13.3 sec or less	

## The 2-TASK TUG:

Adding a mental task to the TUG measures how well you can do two things at the same time.

Today your 2-Task TUG Time was \_\_\_\_\_ **seconds**.

Most people your age complete the 2-Task TUG in 16.2 seconds.

A 2-Task TUG test time of more than 13.5 sec. suggests you may be at higher risk of falling.

		16.2 sec	
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Unlikely</b>	
22.8 sec or greater	19.5-22.7 sec	19.4 sec or less	

## Summary of Results

	<b>Mobility Limitation</b>	<b>Preclinical Mobility Limitation</b>	<b>Preclinical Mobility Limitation Unlikely</b>
<b>Usual Gait Speed</b>			
<b>Fast Gait Speed</b>			
<b>Sit to Stand</b>			
<b>Step Test</b>			
<b>Timed Up and Go</b>			
<b>Timed up and Go Cognitive</b>			

## Physical Activity Guidelines

	<b>Little to no activity</b>	<b>Some activity</b>	<b>Meeting recommendations</b>	<b>Exceeding recommendations</b>
<b>Aerobic Training</b>				
<b>Resistance Training</b>				
<b>Balance Training</b>				

## WHAT SHOULD YOU DO NOW?

Everyone is encouraged to work towards meeting the Physical Activity Guidelines. Attached to this report are the recommendations and your physical therapist will discuss with you some next steps toward meeting these guidelines. The more you move, the more likely you are to maintain your mobility.

If **ALL** your results fall into the green “low risk” box, you’re moving round well. Increasing your level of activity or exercise will help improve your mobility even more!

If **SOME** or all of your results fall into the yellow “moderate risk” box, future falls and additional mobility problems are likely. Take steps to increase your level of activity and exercise! There are many community-based programs you can attend, or you make an appointment with a physical therapist for guidance and suggestions about improving mobility and reducing your level of risk.

If **ANY** of your results fall into the red “high risk” box, it’s time to make an appointment with a physical therapist or your health care provider for further evaluation and intervention to reduce your risk of falls and decline in mobility!

## SPECIFIC RECOMMENDATIONS:

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

- ☐ No referral necessary
- ☐ Start exercises based on results \_\_\_\_\_
- ☐ Referral to a community-based program (which one) \_\_\_\_\_
- ☐ Referral to physical therapy (why) \_\_\_\_\_
- ☐ Referral to another healthcare professional (which one) \_\_\_\_\_

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

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

**Phone Number:** \_\_\_\_\_ **Email:** \_\_\_\_\_

## Men, Age 90+ Form

Client Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Screen: \_\_\_\_\_

Thank you for completing the Mobility Screen! This “report card” reviews your results and what your results mean for your risk of falls and declining function. Keep a copy of this report and share your results with your doctor/health care provider.

### USUAL WALKING SPEED:

Walking speed is a measure of how mobile you are.

Your Usual Walking Speed is \_\_\_\_\_ **meters/second**.

Most people of your age and gender walk at 0.91 meters/second.

Walking less than 0.7 meters/second is a risk factor for falls, declining health, and poor mobility.

		0.91 m/s	
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
0.74 m/s or less	0.75-0.82 m/s	0.83 m/s or greater	

### FAST WALKING SPEED:

Your ability to increase walking speed tells us about your functional reserve.

Your Fast Walking Speed is \_\_\_\_\_ **meters/second**.

Most people of your age can walk quickly at 1.19 meters/second.

Fast walking less than 1.10 meters/second is a risk factor for falls, declining health, mobility, and daily function.

		1.19 m/s	
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
0.87 m/s or less	0.88-1.03 m/s	1.04 m/s or greater	

### 30 SECOND SIT TO STAND TEST:

The ability to stand up and sit down repetitively tells you how strong and powerful your legs are.

Today, you were able to complete \_\_\_\_\_ **sitting to standing cycles.**

Most people your age can complete 9.1 cycles.

If you can't stand up without using your arms, or can only stand a sit a few times in a row, your leg strength is low, which makes moving around more difficult.

		9.1 reps
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Unlikely</b>
5 reps or less	6 reps	7 reps or greater

### The 4-SQUARE STEP TEST

This test measures your balance as you step over obstacles while moving in different directions

Today, your 4 Square Step time was: \_\_\_\_\_ **seconds.**

Most people your age complete the 4 Square Step Test in 13.0 seconds.

A 4-Square Step Time more than 15 seconds suggests a high risk of falls and future mobility problems.

		13.0 sec
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Unlikely</b>
16.4 sec or greater	14.7-16.3 sec	14.6 sec or less

### The TIMED UP AND GO (TUG) test

This test measures your balance and how well you move around.

Today your TUG time was \_\_\_\_\_ **seconds.**

Most people your age complete the TUG in 13.4 seconds.

Taking more than 12 seconds to complete the TUG suggests you may be at risk of falling and future mobility problems.

		13.4 sec
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Unlikely</b>
20.3 sec or greater	17.0-20.2 sec	16.9 sec or less



## The 2-TASK TUG:

Adding a mental task to the TUG measures how well you can do two things at the same time.

Today your 2-Task TUG Time was \_\_\_\_\_ **seconds**.

Most people your age complete the 2-Task TUG in 20.2 seconds.

A 2-Task TUG test time of more than 13.5 sec. suggests you may be at higher risk of falling.

		20.2 sec	
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Unlikely</b>	
29.8 sec or greater	25.0-29.7 sec	24.9 sec or less	

## Summary of Results

	<b>Mobility Limitation</b>	<b>Preclinical Mobility Limitation</b>	<b>Preclinical Mobility Limitation Unlikely</b>
<b>Usual Gait Speed</b>			
<b>Fast Gait Speed</b>			
<b>Sit to Stand</b>			
<b>Step Test</b>			
<b>Timed Up and Go</b>			
<b>Timed up and Go Cognitive</b>			

## Physical Activity Guidelines

	<b>Little to no activity</b>	<b>Some activity</b>	<b>Meeting recommendations</b>	<b>Exceeding recommendations</b>
<b>Aerobic Training</b>				
<b>Resistance Training</b>				
<b>Balance Training</b>				

## WHAT SHOULD YOU DO NOW?

Everyone is encouraged to work towards meeting the Physical Activity Guidelines. Attached to this report are the recommendations and your physical therapist will discuss with you some next steps toward meeting these guidelines. The more you move, the more likely you are to maintain your mobility.

If **ALL** your results fall into the green “low risk” box, you’re moving round well. Increasing your level of activity or exercise will help improve your mobility even more!

If **SOME** or all of your results fall into the yellow “moderate risk” box, future falls and additional mobility problems are likely. Take steps to increase your level of activity and exercise! There are many community-based programs you can attend, or you make an appointment with a physical therapist for guidance and suggestions about improving mobility and reducing your level of risk.

If **ANY** of your results fall into the red “high risk” box, it’s time to make an appointment with a physical therapist or your health care provider for further evaluation and intervention to reduce your risk of falls and decline in mobility!

## SPECIFIC RECOMMENDATIONS:

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

- ☐ No referral necessary
- ☐ Start exercises based on results \_\_\_\_\_
- ☐ Referral to a community-based program (which one) \_\_\_\_\_
- ☐ Referral to physical therapy (why) \_\_\_\_\_
- ☐ Referral to another healthcare professional (which one) \_\_\_\_\_

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

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

**Phone Number:** \_\_\_\_\_ **Email:** \_\_\_\_\_

## Women, Age 50-59 Form

Client Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Screen: \_\_\_\_\_

Thank you for completing the Mobility Screen! This “report card” reviews your results and what your results mean for your risk of falls and declining function. Keep a copy of this report and share your results with your doctor/health care provider.

### USUAL WALKING SPEED:

Walking speed is a measure of how mobile you are.

Your Usual Walking Speed is \_\_\_\_\_ **meters/second**.

Most people of your age and gender walk at 1.26 m/s meters/second.

Walking less than 0.7 meters/second is a risk factor for falls, declining health, and poor mobility.

			1.26 m/s
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
1.09 m/s or less	1.10-1.17 m/s		1.18 m/s or greater

### FAST WALKING SPEED:

Your ability to increase walking speed tells us about your functional reserve.

Your Fast Walking Speed is \_\_\_\_\_ **meters/second**.

Most people of your age can walk quickly at \_\_\_\_\_ meters/second.

Fast walking less than 1.10 meters/second is a risk factor for falls, declining health, mobility, and daily function.

			1.67 m/s
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
1.16 m/s or less	1.17-1.59 m/s		1.60 m/s or greater

### 30 SECOND SIT TO STAND TEST:

The ability to stand up and sit down repetitively tells you how strong and powerful your legs are.

Today, you were able to complete \_\_\_\_\_ **sitting to standing cycles.**

Most people your age can complete \_\_\_\_\_ cycles.

If you can't stand up without using your arms, or can only stand a sit a few times in a row, your leg strength is low, which makes moving around more difficult.

			14.3 reps
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
7 reps or less	8-11 reps	12 reps or greater	

### The 4-SQUARE STEP TEST

This test measures your balance as you step over obstacles while moving in different directions

Today, your 4 Square Step time was: \_\_\_\_\_ **seconds.**

Most people your age complete the 4 Square Step Test in \_\_\_\_\_ seconds.

A 4-Square Step Time more than 15 seconds suggests a high risk of falls and future mobility problems.

			10.3 sec
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
15 sec or greater	12.7-14.9 sec	12.6 sec or less	

### The TIMED UP AND GO (TUG) test

This test measures your balance and how well you move around.

Today your TUG time was \_\_\_\_\_ **seconds.**

Most people your age complete the TUG in \_\_\_\_\_ seconds.

Taking more than 12 seconds to complete the TUG suggests you may be at risk of falling and future mobility problems.

			8.7 sec
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
12 sec or greater	10.5-11.9 sec	10.4 sec or less	

## The 2-TASK TUG:

Adding a mental task to the TUG measures how well you can do two things at the same time.

Today your 2-Task TUG Time was \_\_\_\_\_ seconds.

Most people your age complete the 2-Task TUG in \_\_\_\_\_ seconds.

A 2-Task TUG test time of more than 13.5 sec. suggests you may be at higher risk of falling.

		11.9 sec	
Mobility Limitation Likely	Preclinical Mobility Limitation Likely		Preclinical Mobility Limitation Unlikely
17.8 sec or greater	15.0-17.7 sec	14.9 sec or less	

## Summary of Results

	Mobility Limitation	Preclinical Mobility Limitation	Preclinical Mobility Limitation Unlikely
Usual Gait Speed			
Fast Gait Speed			
Sit to Stand			
Step Test			
Timed Up and Go			
Timed up and Go Cognitive			

## Physical Activity Guidelines

	Little to no activity	Some activity	Meeting recommendations	Exceeding recommendations
Aerobic Training				
Resistance Training				
Balance Training				

## WHAT SHOULD YOU DO NOW?

Everyone is encouraged to work towards meeting the Physical Activity Guidelines. Attached to this report are the recommendations and your physical therapist will discuss with you some next steps toward meeting these guidelines. The more you move, the more likely you are to maintain your mobility.

If **ALL** your results fall into the green “low risk” box, you’re moving round well. Increasing your level of activity or exercise will help improve your mobility even more!

If **SOME** or all of your results fall into the yellow “moderate risk” box, future falls and additional mobility problems are likely. Take steps to increase your level of activity and exercise! There are many community-based programs you can attend, or you make an appointment with a physical therapist for guidance and suggestions about improving mobility and reducing your level of risk.

If **ANY** of your results fall into the red “high risk” box, it’s time to make an appointment with a physical therapist or your health care provider for further evaluation and intervention to reduce your risk of falls and decline in mobility!

## SPECIFIC RECOMMENDATIONS:

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

- ☐ No referral necessary
- ☐ Start exercises based on results \_\_\_\_\_
- ☐ Referral to a community-based program (which one) \_\_\_\_\_
- ☐ Referral to physical therapy (why) \_\_\_\_\_
- ☐ Referral to another healthcare professional (which one) \_\_\_\_\_

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

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

**Phone Number:** \_\_\_\_\_ **Email:** \_\_\_\_\_

## Women, Age 60-69 Form

Client Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Screen: \_\_\_\_\_

Thank you for completing the Mobility Screen! This “report card” reviews your results and what your results mean for your risk of falls and declining function. Keep a copy of this report and share your results with your doctor/health care provider.

### USUAL WALKING SPEED:

Walking speed is a measure of how mobile you are.

Your Usual Walking Speed is \_\_\_\_\_ **meters/second**.

Most people of your age and gender walk at 1.22 meters/second.

Walking less than 0.7 meters/second is a risk factor for falls, declining health, and poor mobility.

			1.22 m/s	
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>			<b>Preclinical Mobility Limitation Unlikely</b>
1.06 m/s or less	1.07-1.14 m/s			1.15 m/s or greater

### FAST WALKING SPEED:

Your ability to increase walking speed tells us about your functional reserve.

Your Fast Walking Speed is \_\_\_\_\_ **meters/second**.

Most people of your age can walk quickly at 1.59 meters/second.

Fast walking less than 1.10 meters/second is a risk factor for falls, declining health, mobility, and daily function.

			1.59 m/s	
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>			<b>Preclinical Mobility Limitation Unlikely</b>
1.22 m/s or less	1.23-1.41 m/s			1.42 m/s or greater

### 30 SECOND SIT TO STAND TEST:

The ability to stand up and sit down repetitively tells you how strong and powerful your legs are.

Today, you were able to complete \_\_\_\_\_ **sitting to standing cycles.**

Most people your age can complete 13.4 cycles.

If you can't stand up without using your arms, or can only stand a sit a few times in a row, your leg strength is low, which makes moving around more difficult.

			13.4 reps
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
9 reps or less	10-11 reps	12 reps or greater	

### The 4-SQUARE STEP TEST

This test measures your balance as you step over obstacles while moving in different directions

Today, your 4 Square Step time was: \_\_\_\_\_ **seconds.**

Most people your age complete the 4 Square Step Test in 9.7 seconds.

A 4-Square Step Time more than 15 seconds suggests a high risk of falls and future mobility problems.

			9.7 sec
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
12.1 sec or greater	10.9-12.0 sec	10.8 sec or less	

### The TIMED UP AND GO (TUG) test

This test measures your balance and how well you move around.

Today your TUG time was \_\_\_\_\_ **seconds.**

Most people your age complete the TUG in 8.1 seconds.

Taking more than 12 seconds to complete the TUG suggests you may be at risk of falling and future mobility problems.

			8.1 sec
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
9.9 sec or greater	9.1-9.8 sec	9.0 sec or less	



## The 2-TASK TUG:

Adding a mental task to the TUG measures how well you can do two things at the same time.

Today your 2-Task TUG Time was \_\_\_\_\_ **seconds**.

Most people your age complete the 2-Task TUG in 13.0 seconds.

A 2-Task TUG test time of more than 13.5 sec. suggests you may be at higher risk of falling.

			13.0 sec
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
<i>18.0 sec or greater</i>	<i>15.5-17.9 sec</i>		<i>15.4 sec or less</i>

## Summary of Results

	<b>Mobility Limitation</b>	<b>Preclinical Mobility Limitation</b>	<b>Preclinical Mobility Limitation Unlikely</b>
<b>Usual Gait Speed</b>			
<b>Fast Gait Speed</b>			
<b>Sit to Stand</b>			
<b>Step Test</b>			
<b>Timed Up and Go</b>			
<b>Timed up and Go Cognitive</b>			

## Physical Activity Guidelines

	<b>Little to no activity</b>	<b>Some activity</b>	<b>Meeting recommendations</b>	<b>Exceeding recommendations</b>
<b>Aerobic Training</b>				
<b>Resistance Training</b>				
<b>Balance Training</b>				

## WHAT SHOULD YOU DO NOW?

Everyone is encouraged to work towards meeting the Physical Activity Guidelines. Attached to this report are the recommendations and your physical therapist will discuss with you some next steps toward meeting these guidelines. The more you move, the more likely you are to maintain your mobility.

If **ALL** your results fall into the green “low risk” box, you’re moving round well. Increasing your level of activity or exercise will help improve your mobility even more!

If **SOME** or all of your results fall into the yellow “moderate risk” box, future falls and additional mobility problems are likely. Take steps to increase your level of activity and exercise! There are many community-based programs you can attend, or you make an appointment with a physical therapist for guidance and suggestions about improving mobility and reducing your level of risk.

If **ANY** of your results fall into the red “high risk” box, it’s time to make an appointment with a physical therapist or your health care provider for further evaluation and intervention to reduce your risk of falls and decline in mobility!

## SPECIFIC RECOMMENDATIONS:

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

- ☐ No referral necessary
- ☐ Start exercises based on results \_\_\_\_\_
- ☐ Referral to a community-based program (which one) \_\_\_\_\_
- ☐ Referral to physical therapy (why) \_\_\_\_\_
- ☐ Referral to another healthcare professional (which one) \_\_\_\_\_

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

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

**Phone Number:** \_\_\_\_\_ **Email:** \_\_\_\_\_

## Women, Age 70-79 Form

Client Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Screen: \_\_\_\_\_

Thank you for completing the Mobility Screen! This “report card” reviews your results and what your results mean for your risk of falls and declining function. Keep a copy of this report and share your results with your doctor/health care provider.

### USUAL WALKING SPEED:

Walking speed is a measure of how mobile you are.

Your Usual Walking Speed is \_\_\_\_\_ **meters/second**.

Most people of your age and gender walk at 1.12 meters/second.

Walking less than 0.7 meters/second is a risk factor for falls, declining health, and poor mobility.

		1.12 m/s	
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
0.92 m/s or less	0.93-1.02 m/s	1.03 m/s or greater	

### FAST WALKING SPEED:

Your ability to increase walking speed tells us about your functional reserve.

Your Fast Walking Speed is \_\_\_\_\_ **meters/second**.

Most people of your age can walk quickly at 1.52 meters/second.

Fast walking less than 1.10 meters/second is a risk factor for falls, declining health, mobility, and daily function.

		1.52 m/s	
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
1.19 m/s or less	1.20-1.36 m/s	1.37 m/s or greater	

### 30 SECOND SIT TO STAND TEST:

The ability to stand up and sit down repetitively tells you how strong and powerful your legs are.

Today, you were able to complete \_\_\_\_\_ **sitting to standing cycles.**

Most people your age can complete 11.6 cycles.

If you can't stand up without using your arms, or can only stand a sit a few times in a row, your leg strength is low, which makes moving around more difficult.

			11.6 reps
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
6 reps or less	7-9 reps	10 reps or greater	

### The 4-SQUARE STEP TEST

This test measures your balance as you step over obstacles while moving in different directions

Today, your 4 Square Step time was: \_\_\_\_\_ **seconds.**

Most people your age complete the 4 Square Step Test in 10.9 seconds.

A 4-Square Step Time more than 15 seconds suggests a high risk of falls and future mobility problems.

			10.9 sec
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
14.5 sec or greater	12.7-14.4 sec	12.6 sec or less	

### The TIMED UP AND GO (TUG) test

This test measures your balance and how well you move around.

Today your TUG time was \_\_\_\_\_ **seconds.**

Most people your age complete the TUG in 9.2 seconds.

Taking more than 12 seconds to complete the TUG suggests you may be at risk of falling and future mobility problems.

			9.2 sec
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
11.9 sec or greater	10.7-11.8 sec	10.6 sec or less	

## The 2-TASK TUG:

Adding a mental task to the TUG measures how well you can do two things at the same time.

Today your 2-Task TUG Time was \_\_\_\_\_ **seconds**.

Most people your age complete the 2-Task TUG in 12.9 seconds.

A 2-Task TUG test time of more than 13.5 sec. suggests you may be at higher risk of falling.

		12.9 sec	
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
<i>17.9 sec or greater</i>	<i>15.4-17.8 sec</i>	<i>15.3 sec or less</i>	

## Summary of Results

	<b>Mobility Limitation</b>	<b>Preclinical Mobility Limitation</b>	<b>Preclinical Mobility Limitation Unlikely</b>
<b>Usual Gait Speed</b>			
<b>Fast Gait Speed</b>			
<b>Sit to Stand</b>			
<b>Step Test</b>			
<b>Timed Up and Go</b>			
<b>Timed up and Go Cognitive</b>			

## Physical Activity Guidelines

	<b>Little to no activity</b>	<b>Some activity</b>	<b>Meeting recommendations</b>	<b>Exceeding recommendations</b>
<b>Aerobic Training</b>				
<b>Resistance Training</b>				
<b>Balance Training</b>				

## WHAT SHOULD YOU DO NOW?

Everyone is encouraged to work towards meeting the Physical Activity Guidelines. Attached to this report are the recommendations and your physical therapist will discuss with you some next steps toward meeting these guidelines. The more you move, the more likely you are to maintain your mobility.

If **ALL** your results fall into the green “low risk” box, you’re moving round well. Increasing your level of activity or exercise will help improve your mobility even more!

If **SOME** or all of your results fall into the yellow “moderate risk” box, future falls and additional mobility problems are likely. Take steps to increase your level of activity and exercise! There are many community-based programs you can attend, or you make an appointment with a physical therapist for guidance and suggestions about improving mobility and reducing your level of risk.

If **ANY** of your results fall into the red “high risk” box, it’s time to make an appointment with a physical therapist or your health care provider for further evaluation and intervention to reduce your risk of falls and decline in mobility!

## SPECIFIC RECOMMENDATIONS:

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

- ☐ No referral necessary
- ☐ Start exercises based on results \_\_\_\_\_
- ☐ Referral to a community-based program (which one) \_\_\_\_\_
- ☐ Referral to physical therapy (why) \_\_\_\_\_
- ☐ Referral to another healthcare professional (which one) \_\_\_\_\_

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

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

**Phone Number:** \_\_\_\_\_ **Email:** \_\_\_\_\_

## Women, Age 80-89 Form

Client Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Screen: \_\_\_\_\_

Thank you for completing the Mobility Screen! This “report card” reviews your results and what your results mean for your risk of falls and declining function. Keep a copy of this report and share your results with your doctor/health care provider.

### USUAL WALKING SPEED:

Walking speed is a measure of how mobile you are.

Your Usual Walking Speed is \_\_\_\_\_ **meters/second**.

Most people of your age and gender walk at 0.98 meters/second.

Walking less than 0.7 meters/second is a risk factor for falls, declining health, and poor mobility.

		0.98 m/s	
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
0.77 m/s or less	0.78-0.88 m/s	0.89 m/s or greater	

### FAST WALKING SPEED:

Your ability to increase walking speed tells us about your functional reserve.

Your Fast Walking Speed is \_\_\_\_\_ **meters/second**.

Most people of your age can walk quickly at 1.20 meters/second.

Fast walking less than 1.10 meters/second is a risk factor for falls, declining health, mobility, and daily function.

		1.20 m/s	
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
0.87 m/s or less	0.88-1.04 m/s	1.05 m/s or greater	

### 30 SECOND SIT TO STAND TEST:

The ability to stand up and sit down repetitively tells you how strong and powerful your legs are.

Today, you were able to complete \_\_\_\_\_ **sitting to standing cycles.**

Most people your age can complete 9.7 cycles.

If you can't stand up without using your arms, or can only stand a sit a few times in a row, your leg strength is low, which makes moving around more difficult.

			9.7 reps
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
6 reps or less	7-8 reps	9 reps or greater	

### The 4-SQUARE STEP TEST

This test measures your balance as you step over obstacles while moving in different directions

Today, your 4 Square Step time was: \_\_\_\_\_ **seconds.**

Most people your age complete the 4 Square Step Test in 14.9 seconds.

A 4-Square Step Time more than 15 seconds suggests a high risk of falls and future mobility problems.

			14.9 sec
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
20.6 sec or greater	17.7-20.5 sec	17.6 sec or less	

### The TIMED UP AND GO (TUG) test

This test measures your balance and how well you move around.

Today your TUG time was \_\_\_\_\_ **seconds.**

Most people your age complete the TUG in 11.4 seconds.

Taking more than 12 seconds to complete the TUG suggests you may be at risk of falling and future mobility problems.

			11.4 sec
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
14.4 sec or greater	13-14.3 sec	12.9 sec or less	



## The 2-TASK TUG:

Adding a mental task to the TUG measures how well you can do two things at the same time.

Today your 2-Task TUG Time was \_\_\_\_\_ **seconds**.

Most people your age complete the 2-Task TUG in 17.3 seconds.

A 2-Task TUG test time of more than 13.5 sec. suggests you may be at higher risk of falling.

		17.3 sec	
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Unlikely</b>	
<i>22.0 sec or greater</i>	<i>19.6-21.9 sec</i>	<i>19.5 sec or less</i>	

## Summary of Results

	<b>Mobility Limitation</b>	<b>Preclinical Mobility Limitation</b>	<b>Preclinical Mobility Limitation Unlikely</b>
<b>Usual Gait Speed</b>			
<b>Fast Gait Speed</b>			
<b>Sit to Stand</b>			
<b>Step Test</b>			
<b>Timed Up and Go</b>			
<b>Timed up and Go Cognitive</b>			

## Physical Activity Guidelines

	<b>Little to no activity</b>	<b>Some activity</b>	<b>Meeting recommendations</b>	<b>Exceeding recommendations</b>
<b>Aerobic Training</b>				
<b>Resistance Training</b>				
<b>Balance Training</b>				

## WHAT SHOULD YOU DO NOW?

Everyone is encouraged to work towards meeting the Physical Activity Guidelines. Attached to this report are the recommendations and your physical therapist will discuss with you some next steps toward meeting these guidelines. The more you move, the more likely you are to maintain your mobility.

If **ALL** your results fall into the green “low risk” box, you’re moving round well. Increasing your level of activity or exercise will help improve your mobility even more!

If **SOME** or all of your results fall into the yellow “moderate risk” box, future falls and additional mobility problems are likely. Take steps to increase your level of activity and exercise! There are many community-based programs you can attend, or you make an appointment with a physical therapist for guidance and suggestions about improving mobility and reducing your level of risk.

If **ANY** of your results fall into the red “high risk” box, it’s time to make an appointment with a physical therapist or your health care provider for further evaluation and intervention to reduce your risk of falls and decline in mobility!

## SPECIFIC RECOMMENDATIONS:

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

- ☐ No referral necessary
- ☐ Start exercises based on results \_\_\_\_\_
- ☐ Referral to a community-based program (which one) \_\_\_\_\_
- ☐ Referral to physical therapy (why) \_\_\_\_\_
- ☐ Referral to another healthcare professional (which one) \_\_\_\_\_

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

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

**Phone Number:** \_\_\_\_\_ **Email:** \_\_\_\_\_

## Women, Age 90+ Form

Client Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Screen: \_\_\_\_\_

Thank you for completing the Mobility Screen! This “report card” reviews your results and what your results mean for your risk of falls and declining function. Keep a copy of this report and share your results with your doctor/health care provider.

### USUAL WALKING SPEED:

Walking speed is a measure of how mobile you are.

Your Usual Walking Speed is \_\_\_\_\_ **meters/second**.

Most people of your age and gender walk at 0.76 meters/second.

Walking less than 0.7 meters/second is a risk factor for falls, declining health, and poor mobility.

			0.76 m/s		
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>			<b>Preclinical Mobility Limitation Unlikely</b>	
0.55 m/s or less	0.56-0.65 m/s			0.66 m/s or greater	

### FAST WALKING SPEED:

Your ability to increase walking speed tells us about your functional reserve.

Your Fast Walking Speed is \_\_\_\_\_ **meters/second**.

Most people of your age can walk quickly at 1.02 meters/second.

Fast walking less than 1.10 meters/second is a risk factor for falls, declining health, mobility, and daily function.

			1.02 m/s		
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>			<b>Preclinical Mobility Limitation Unlikely</b>	
0.75 m/s or less	0.76-0.89 m/s			0.90 m/s or greater	

### 30 SECOND SIT TO STAND TEST:

The ability to stand up and sit down repetitively tells you how strong and powerful your legs are.

Today, you were able to complete \_\_\_\_\_ **sitting to standing cycles.**

Most people your age can complete 8.6 cycles.

If you can't stand up without using your arms, or can only stand a sit a few times in a row, your leg strength is low, which makes moving around more difficult.

			8.6 reps
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
5 reps or less	6-7 reps	8 reps or greater	

### The 4-SQUARE STEP TEST

This test measures your balance as you step over obstacles while moving in different directions

Today, your 4 Square Step time was: \_\_\_\_\_ **seconds.**

Most people your age complete the 4 Square Step Test in 20.0 seconds.

A 4-Square Step Time more than 15 seconds suggests a high risk of falls and future mobility problems.

			20.0 sec
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
36.7 sec or greater	28.3-36.6 sec	28.2 sec or less	

### The TIMED UP AND GO (TUG) test

This test measures your balance and how well you move around.

Today your TUG time was \_\_\_\_\_ **seconds.**

Most people your age complete the TUG in 14.7 seconds.

Taking more than 12 seconds to complete the TUG suggests you may be at risk of falling and future mobility problems.

			14.7 sec
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>		<b>Preclinical Mobility Limitation Unlikely</b>
21.0 sec or greater	18.0-20.9 sec	17.9 sec or less	

## The 2-TASK TUG:

Adding a mental task to the TUG measures how well you can do two things at the same time.

Today your 2-Task TUG Time was \_\_\_\_\_ **seconds.**

Most people your age complete the 2-Task TUG in 24.3 seconds.

A 2-Task TUG test time of more than 13.5 sec. suggests you may be at higher risk of falling.

		24.3 sec
<b>Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Likely</b>	<b>Preclinical Mobility Limitation Unlikely</b>
<i>34.5 sec or greater</i>	<i>29.4-34.4 sec</i>	<i>29.3 sec or less</i>

## Summary of Results

	<b>Mobility Limitation</b>	<b>Preclinical Mobility Limitation</b>	<b>Preclinical Mobility Limitation Unlikely</b>
<b>Usual Gait Speed</b>			
<b>Fast Gait Speed</b>			
<b>Sit to Stand</b>			
<b>Step Test</b>			
<b>Timed Up and Go</b>			
<b>Timed up and Go Cognitive</b>			

## Physical Activity Guidelines

	<b>Little to no activity</b>	<b>Some activity</b>	<b>Meeting recommendations</b>	<b>Exceeding recommendations</b>
<b>Aerobic Training</b>				
<b>Resistance Training</b>				
<b>Balance Training</b>				

## WHAT SHOULD YOU DO NOW?

Everyone is encouraged to work towards meeting the Physical Activity Guidelines. Attached to this report are the recommendations and your physical therapist will discuss with you some next steps toward meeting these guidelines. The more you move, the more likely you are to maintain your mobility.

If **ALL** your results fall into the green “low risk” box, you’re moving round well. Increasing your level of activity or exercise will help improve your mobility even more!

If **SOME** or all of your results fall into the yellow “moderate risk” box, future falls and additional mobility problems are likely. Take steps to increase your level of activity and exercise! There are many community-based programs you can attend, or you make an appointment with a physical therapist for guidance and suggestions about improving mobility and reducing your level of risk.

If **ANY** of your results fall into the red “high risk” box, it’s time to make an appointment with a physical therapist or your health care provider for further evaluation and intervention to reduce your risk of falls and decline in mobility!

## SPECIFIC RECOMMENDATIONS:

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

- ☐ No referral necessary
- ☐ Start exercises based on results \_\_\_\_\_
- ☐ Referral to a community-based program (which one) \_\_\_\_\_
- ☐ Referral to physical therapy (why) \_\_\_\_\_
- ☐ Referral to another healthcare professional (which one) \_\_\_\_\_

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

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

**Phone Number:** \_\_\_\_\_ **Email:** \_\_\_\_\_