

Functional Gait Assessment

Number	Task	Score			
		3	2	1	0
1	GAIT LEVEL SURFACE Walk at your normal speed from here to the next mark (20 ft).	0 Walks 20 ft in less than 5.5 seconds, no assistive devices, good speed, no evidence for imbalance, normal gait pattern, deviates no more than 6 in outside of the 12-in walkway width	0 Walks 6 m (20 ft) in less than 7 seconds but greater than 5.5 seconds, uses assistive device, slower speed, mild gait deviations, or deviates 6–10 in outside of the 12-in walkway width	0 Walks 20 ft, slow speed, abnormal gait pattern, evidence for imbalance, or deviates 10–15 in outside of the 12-in walkway width. Requires more than 7 seconds to ambulate 20 ft.	0 Cannot walk 20 ft without assistance, severe gait deviations or imbalance, deviates greater than 15 in outside of the 12-in walkway width or reaches and touches the wall
2	CHANGE IN GAIT SPEED Begin walking at your normal pace (5 ft). When I tell you “go,” walk as fast as you can (for 5 ft). When I tell you “slow,” walk as slowly as you can (for 5 ft).	0 Able to smoothly change walking speed without loss of balance or gait deviation. Shows a significant difference in walking speeds between normal, fast, and slow speeds. Deviates no more than 6 in outside of the 12-in walkway width.	0 Is able to change speed but demonstrates mild gait deviations, deviates 6–10 in outside of the 12-in walkway width, or no gait deviations but unable to achieve a significant change in velocity, or uses an assistive device.	0 Makes only minor adjustments to walking speed, or accomplishes a change in speed with significant gait deviations, deviates 10–15 in outside the 12-in walkway width, or changes speed but loses balance but is able to recover and continue walking	0 Cannot change speeds, deviates greater than 15 in outside 12-in walkway width, or loses balance and has to reach for wall or be caught
3	GAIT WITH HORIZONTAL HEAD TURNS Walk from here to the next mark 20 ft away. Begin walking at your normal pace. Keep walking straight; after 3 steps, turn your head to the right and keep walking straight while looking to the right. After 3 more steps, turn your head to the left and keep walking straight while looking left. Continue alternating looking right and left every 3 steps until you have completed 2 repetitions in each direction	0 Performs head turns smoothly with no change in gait. Deviates no more than 6 in outside 12-in walkway width.	0 Performs head turns smoothly with slight change in gait velocity (eg, minor disruption to smooth gait path), deviates 6–10 in outside 12-in walkway width, or uses an assistive device.	0 Performs head turns with moderate change in gait velocity, slows down, deviates 10–15 in outside 12-in walkway width but recovers, can continue to walk.	0 Performs task with severe disruption of gait (eg, staggers 15 in outside 12-in walkway width, loses balance, stops, or reaches for wall).
4	GAIT WITH VERTICAL HEAD TURNS Walk from here to the next mark (20 ft). Begin walking at your normal pace. Keep walking straight; after 3 steps, tip your head up and keep walking straight while looking up. After 3 more steps, tip your head down, keep walking straight while looking down. Continue alternating looking up and down every 3 steps until you have completed 2 repetitions in each direction.	0 Performs head turns with no change in gait. Deviates no more than 6 in outside 12-in walkway width.	0 Performs task with slight change in gait velocity (eg, minor disruption to smooth gait path), deviates 6–10 in outside 12-in walkway width or uses assistive device	0 Performs task with moderate change in gait velocity, slows down, deviates 10–15 in outside 12-in walkway width but recovers, can continue to walk.	0 Performs task with severe disruption of gait (eg, staggers 15 in outside 12-in walkway width, loses balance, stops, reaches for wall).
5	GAIT AND PIVOT TURN Begin with walking at your normal pace. When I tell you, “turn and stop,” turn as quickly as you can to face the opposite direction and stop.	0 Pivot turns safely within 3 seconds and stops quickly with no loss of balance	0 Pivot turns safely in 3 seconds and stops with no loss of balance, or pivot turns safely within 3 seconds and stops with mild imbalance, requires small steps to catch balance.	0 Turns slowly, requires verbal cueing, or requires several small steps to catch balance following turn and stop.	0 Cannot turn safely, requires assistance to turn and stop.
6	STEP OVER OBSTACLE Begin walking at your normal speed. When you come to the shoe box (height=9 inch), step over it, not around it, and keep walking	0 Is able to step over 2 stacked shoe boxes taped together (9 in total height) without changing gait speed; no evidence of imbalance	0 Is able to step over one shoe box (4.5 in total height) without changing gait speed; no evidence of imbalance.	0 able to step over one shoe box 4.5 in total height but must slow down and adjust steps to clear box safely. May require verbal cueing.	0 Cannot perform without assistance.
7	GAIT WITH NARROW BASE OF SUPPORT Walk on the floor with arms folded across the chest, feet aligned heel to toe in tandem for a distance of 12 ft. The number of steps taken in a straight line are counted for a maximum of 10 steps	0 Is able to ambulate for 10 steps heel to toe with no staggering.	0 Ambulates 7–9 steps.	0 Ambulates 4–7 steps	0 Ambulates less than 4 steps heel to toe or cannot perform without assistance.
8	GAIT WITH EYES CLOSED Walk at your normal speed from here to the next mark (20 ft) with your eyes closed	0 Walks 20 ft, no assistive devices, good speed, no evidence of imbalance, normal gait pattern, deviates no more than 6 in outside 12-in walkway width. Ambulates 20 ft in less than 7 seconds	0 Walks 20 ft, uses assistive device, slower speed, mild gait deviations, deviates 6–10 in outside 12-in walkway width. Ambulates 20 ft in less than 9 seconds but greater than 7 seconds	0 Walks 20 ft, slow speed, abnormal gait pattern, evidence for imbalance, deviates 10–15 in outside 12-in walkway width. Requires more than 9 seconds to ambulate 20 ft.	0 Cannot walk 20 ft without assistance, severe gait deviations or imbalance, deviates greater than 15 in outside 12-in walkway width or will not attempt task.
9	AMBULATING BACKWARDS Walk backwards until I tell you to stop.	0 Walks 20 ft, no assistive devices, good speed, no evidence for imbalance, normal gait pattern, deviates no more than 6 in outside 12-in walkway width.	0 Walks 20 ft, uses assistive device, slower speed, mild gait deviations, deviates 6–10 in outside 12-in walkway width	0 Walks 20 ft, slow speed, abnormal gait pattern, evidence for imbalance, deviates 10–15 in outside 12-in walkway width	0 Cannot walk 20 ft without assistance, severe gait deviations or imbalance, deviates greater than 15 in outside 12-in walkway width or will not attempt task.
10	STEPS Walk up these stairs as you would at home (ie, using the rail if necessary). At the top turn around and walk down.	0 Alternating feet, no rail	0 Alternating feet, must use rail	0 Two feet to a stair; must use rail	0 Cannot do safely.
Column Total					
FGA Total					

*adapted from Berg Balance Scale Easy-Scoring System (Ahmed Y Barhameen; Roberta A Newton, 2001)

References:

Shumway-Cook, Anne, and Marjorie H. Woollacott. (2007). "Clinical Management of the Patient with a Mobility Disorder." *Motor Control: Translating Research into Clinical Practice*. Philadelphia: Lippincott Williams & Wilkins. pp 397-99. Print.