

Functional Gait Assessment

A Test to Evaluate Risk of Falling

What's the purpose?

The Functional Gait Assessment helps your therapist evaluate your stability and balance as you walk to help determine your risk of falling. During this test, your therapist will ask you to maintain your balance while you walk and perform different tasks. The test takes about 15 minutes to complete.

What do I have to do?

- Walk 20 feet at your normal pace
- Walk at your normal pace for 5 feet, then walk as fast as you can for 5 feet, then walk slowly for 5 feet
- Walk 20 feet at your normal pace while turning your head to the right and to the left
- Walk 20 feet at your normal pace while looking up and down
- Walk at your normal pace, then turn around to face the opposite direction and stop
- Walk at your normal pace, step over a shoebox and continue walking
- Walk 12 feet "heel to toe" with your arms folded across your chest
- Walk 20 feet at your normal pace with your eyes closed
- Walk 20 feet backwards
- Walk up a set of stairs. At the top of the stairs, turn and walk down



What does my score mean?

Each task is scored between 0 and 3 with possible score of 30. Lower scores indicate poorer stability and balance and higher risk of falling.



Higher risk of falling



Lower risk of falling

Have a conversation with your therapist about what the results mean for you.

To see a full summary of this instrument and more, visit sralab.org/rehabilitation-measures.
Questions? Email rehabmeasures@sralab.org or call 312.238.2802

