

Dynamic Gait Index Scoring Form

1. Gait Level Surface

Instructions: Walk at your normal pace from here to the next mark (20 feet).

Grading: Mark the lowest category that applies.

- (3) Normal: Walks 20', no assistive devices, good speed, no evidence of imbalance, normal gait pattern.
- (2) Mild Impairment: Walks 20', uses assistive devices, slower speed, mild gait deviations.
- (1) Moderate Impairment: Walks 20', slow speed, abnormal gait pattern, evidence of imbalance.
- (0) Severe Impairment: Walks 20' without assistance, severe gait deviations or imbalance.

2. Change in Gait Speed

Instructions: Begin walking at your normal pace (for 5 feet), when I tell you 'go', walk as fast as you can (for 5 feet). When I tell you 'slow', walk as slowly as you can (for 5 feet).

Grading: Mark the lowest category that applies.

- (3) Normal: Changes walking speed smoothly without loss of balance or gait deviation. Shows a significant difference in walking speeds between normal, fast, and slow.
- (2) Mild Impairment: Changes speed but demonstrates mild gait deviations, or no gait deviations but unable to achieve a significant change in velocity, or uses an assistive device.
- (1) Moderate Impairment: Makes only minor adjustments to walking speed, or accomplishes a change in speed with significant gait deviations, or changes speed but loses significant gait deviations, or changes speed but loses balance but is able to recover and continue walking.
- (0) Severe Impairment: Unable to change speeds, or loses balance and has to reach for wall or be caught.

3. Gait with Horizontal Head Turns

Instructions: Begin walking at your normal pace. When I tell you 'look right', keep walking straight and turn your head to the right. Keep looking to the right until I tell you 'look left', then keep walking straight and turn your head to the left. Keep your head to the left until I tell you 'look straight', then keep walking straight but return your head to the center.

Grading: Mark the lowest category that applies.

- (3) Normal: Turns head smoothly with no change in gait.
- (2) Mild Impairment: Turns head smoothly with slight change in gait, i.e. minor disruption to smooth gait path, or uses walking aid.
- (1) Moderate Impairment: Turns head smoothly with moderate change in gait, i.e. slows down, staggers but recovers, can continue to walk.
- (0) Severe Impairment: Turns head smoothly with severe disruption of gait, i.e. staggers outside 15" path, loses balance, stops, reaches for wall.

4. Gait with Vertical Head Turns

Instructions: Begin walking at your normal pace. When I tell you 'look up', keep walking straight and tilt your head up. Keep looking up until I tell you 'look down', then keep walking straight and tilt your head down. Keep looking down until I tell you 'look straight', then keep walking straight and return your head to the center.

Grading: Mark the lowest category that applies.

- ___ (3) Normal: Performs head turns with no change in gait.
- ___ (2) Mild Impairment: Performs head turns with slight change in gait, i.e. minor disruption to smooth gait path or uses walking aid.
- ___ (1) Moderate Impairment: Performs head turns with moderate change in gait, i.e. slows down, staggers but recovers, can continue to walk.
- ___ (0) Severe Impairment: Performs head turns with severe disruption of gait, i.e. staggers outside a 15" path, loses balance, reaches for wall.

5. Gait and Pivot Turn

Instructions: Begin 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.

Grading: Mark the lowest category that applies.

- ___ (3) Normal: Pivot turns safely within 3 seconds and stops quickly with no loss of balance.
- ___ (2) Mild Impairment: Pivot turns safely in over 3 seconds and stops with no loss in balance.
- ___ (1) Moderate Impairment: Pivot turns slowly, requires verbal cueing, requires several small steps to catch balance following turn and stop.
- ___ (0) Severe Impairment: Cannot pivot turn safely, requires assistance to turn and stop.

6. Step Over Obstacle

Instructions: Begin walking at your normal pace. When you come to the obstacle, step over it, not around it, and continue walking.

Grading: Mark the lowest category that applies.

- ___ (3) Normal: Steps over box without changing gait, no evidence of imbalance.
- ___ (2) Mild Impairment: Steps over box, but must slow down and adjust steps to clear box safely.
- ___ (1) Moderate Impairment: Steps over box, but must stop before stepping over. May require verbal cueing.
- ___ (0) Severe Impairment: Cannot step over box without assistance.

7. Step Around Obstacles

Instructions: Begin walking at a normal speed. When you come to the first cone (about 6 feet away), walk around it on the right side. When you come to the second cone (6 feet past first one), walk around it on the left.
Grading: Mark the lowest category that applies.

- ____(3) Normal: Walks around cones safely without changing gait, no evidence of imbalance.
- ____(2) Mild Impairment: Walks around both cones, but must slow down and adjust gait to clear cones.
- ____(1) Moderate Impairment: Walks around both cones, but must significantly slow gait or requires verbal cueing.
- ____(0) Severe Impairment: Unable to clear cones, walks into one or both, or requires physical assistance.

8. Steps

Instructions: Walk up these stairs as you would at home (i.e. using the rail if necessary). At the top, turn around and come down.

Grading: Mark the lowest category that applies:

- ____(3) Normal: Alternates feet, no rail.
- ____(2) Mild Impairment: Alternates feet, must use rail.
- ____(1) Moderate Impairment: Two feet to a stair, must use rail.
- ____(0) Severe Impairment: Cannot do safely.