



Dynamic Gait Index

Name:

Date:

Score: ___/24

Fall Risk (<20) __Y __N

1. Gait on level surface.

Instruction: "Walk at your normal speed from here to the next mark (20)".

(3) Normal: Walks 20'. no assistive devices. good speed. no evidence of imbalance. normal gait pattern.

(2) Mild Impairment: Walks 20'. uses assistive device. slower speed. mild gait deviations.

(1) Moderate Impairment: Walks 20'. slow speed. abnormal gait pattern, evidence of imbalance.

(0) Severe Impairment: Cannot walk 20' without assistance. severe gait deviations or imbalance.

2. Change in gait speed.

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

(3) Normal: Able to smoothly change walking speed without loss of balance or gait deviations. Shows a significant difference in walking speeds between normal fast and slow speeds.

(2.) Mild Impairment: Is able to change 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 balance but is able to recover and continue walking.

(0) Severe Impairment: Cannot change speeds or loses balance and has to reach for wall or be caught.

3. Gait with horizontal head turns.

Instruction: "Begin walking at your normal pace. When I tell you to look to the right. keep walking straight but turn your head to the right. Keep it there until I tell you to look to the left, then keep walking straight but turn your head to the left. Keep your head there until I tell you to look forward, then keep walking straight but return your head to the center".

(3) Normal: Performs head movements smoothly with no change in gait speed.

(2) Mild Impairment: Performs head movements smoothly with slight change in gait speed, minor disruption in smooth gait path or uses walking aid.

- (1) Moderate Impairment: Performs head turns with moderate change in speed, slows down, staggers but recovers. can continue to walk.
- (0) Severe Impairment: Performs task with severe disruption in gait. staggers outside of 15" path. loses balance. stops. reaches for wall.

4. Gait with vertical head turns.

Instruction: " Begin walking at your normal pace. When I tell you to look up. keep walking straight but tip YOUR head up toward the ceiling. Keep it there until I tell you to look down, then keep walking straight but turn your head down. Keep your head there until I tell you to look forward then keep walking straight, but return your head to the center".

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

5. Gait with pivot turn.

Instruction: "Begin walking at your normal pace. When I tell you to turn and stop. turn as quickly as you can to face the opposite direction and stop".

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

6. Step over obstacle.

Instruction: "Begin walking at your normal speed. When you come to the obstacle, step over it. not around it, and then keep walking."

- (3) Normal: Is able to step over obstacle without changing gait speed.
- (2) Mild impairment: Is able to step over obstacle but must slow down and adjust steps in order to clear safely.
- (1) Moderate Impairment: Is able to step over the box but must stop, then step over. May require verbal cueing.
- (0) Severe Impairment: Cannot perform without assistance.

7. Step around obstacles.

Instructions: " Begin waking at your normal speed. When you come to the first cone (6') walk: around to the right side of it. When you come to the second cone (6' past the first cone). walk around to the left side it".

(3) Normal: Is able to walk around cones safely without changing gait speed. no evidence of imbalance.

(2) Mild Impairment: Is able to step around both cones but must slow down and adjust steps to clear cones.

(1) Moderate Impairment: Is able to clear cones but must significantly slow speed to accomplish task or requires verbal cueing.

(0) Severe Impairment: Unable to clear cones. walks into one or both cones. or requires physical assistance.

8. Steps.

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

(3) Normal: Alternating feet. no rail.

(2) Mild Impairment: Alternating feet. must use railing.

(1) Moderate Impairment: Two feet to a stair. must use railing.

(0) Severe Impairment: Cannot do safely.

Score: _____