



## GAIT

*Instructions:* The subject stands with the examiner, and then walks down hallway or across room, first at the usual pace and then back at a rapid but safe pace, using a cane or walker if accustomed to one.

10. **Initiation of gait (immediately after being told to go)**  
Any hesitancy or several attempts to start = 0  
No hesitancy = 1 \_\_\_\_\_
11. **Step length and height**  
Right swing foot:  
Fails to pass left stance foot with step = 0  
Passes left stance foot = 1 \_\_\_\_\_  
Fails to clear floor completely with step = 0  
Completely clears floor = 1 \_\_\_\_\_  
Left swing foot:  
Fails to pass right stance foot with step = 0  
Passes right stance foot = 1 \_\_\_\_\_  
Fails to clear floor completely with step = 0  
Completely clears floor = 1 \_\_\_\_\_
12. **Step Symmetry**  
Right and left step length unequal = 0  
Right and left step equal = 1 \_\_\_\_\_
13. **Step Continuity**  
Stopping or discontinuity between steps = 0  
Steps appear continuous = 1 \_\_\_\_\_
14. **Path** (Observe excursion of either left or right foot over about 10 feet of the course)  
Marked deviation = 0  
Mild to moderate deviation or uses walking aid = 1  
Walks straight without aid = 2 \_\_\_\_\_
15. **Trunk**  
Marked sway or uses walking aid = 0  
No sway but flexion of knees or back or spreads arms out while walking = 1  
No sway, flexion, use of arms, or use of walking aid = 2 \_\_\_\_\_
16. **Walking Stance**  
Heels apart = 0  
Heels almost touch while walking = 1 \_\_\_\_\_

Balance score: \_\_\_\_\_ /16      Total score: \_\_\_\_\_ /28      Gait score: \_\_\_\_\_ /12

If marked gait or balance disorder identified, look for: Weakness: sensory dysfunction (proprioception, vision, vestibular system); change in tone, (spasticity or rigidity); joint contractures; central processing dysfunction.

*Source:* Performance-oriented assessment of mobility problems in elderly patients. By Tinetti, M.E. Copyright\* 1986 by Williams and Wilkins. Adapted with permission of Williams and Wilkins via the Copyright Clearance Center.