



## CLINICAL INFORMATION: Standing & Walking Mobility

CI-Standing and Walking Mobility-mSCI-FAP-MULT

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### Modified Spinal Cord Injury Functional Ambulation Profile (mSCI-FAP)

	<b>ADMISSION</b> (Within 7 days)	<b>THRESHOLD</b> (Within 2 days of meeting criterion*)	<b>DISCHARGE</b> (Within 7 days)
<b>Date:</b> <i>(If completed over multiple sessions, enter date of completion)</i>	YYYY-MM-DD	YYYY-MM-DD	YYYY-MM-DD
<b>Therapist Name/Initials:</b>			
<b>Did patient meet threshold criterion at time of assessment?</b>  2A) Requires Maximal Assist (> 50% of total effort) during therapeutic walking.	<input type="checkbox"/> Yes  <input type="checkbox"/> No	<i>Only performed if patient <u>does not</u> meet threshold criterion at admission but function improves to meet threshold criterion at some time during their inpatient stay.</i>	<input type="checkbox"/> Yes  <input type="checkbox"/> No
<b>If patient met threshold criterion, but test not performed, specify reason:</b>	Reason:	Reason:	Reason:
<b>Number of sessions test completed over:</b> <i>Note: Test can be completed over multiple sessions during the time period indicated if required.</i>			
<b>General Instructions:</b> <ul style="list-style-type: none"> <li>The tester provides physical assistance if needed. The tester provides feedback/encouragement only after the task is completed. Each participant is given a rest period between tasks long enough for the tester to explain and demonstrate the next task.</li> <li>The tester records the performance time and assistance rating for all 4 tasks in data collection table below.</li> <li>If the participant cannot attempt a task, or does not complete a task, he/she is assigned the maximum time for that task, and an assistance rating of 6 ('unable to complete'). Maximum times are listed for each task below. Participants can use gait aids for all tasks if required.</li> <li>If the participant takes longer than the maximum time to complete a task, he/she is assigned the maximum time, and the assistance rating that corresponds to the devices/assistance used for that task.</li> </ul> <b>Assistance Ratings:</b> Each participant is instructed to use an assistive device and/or brace(s) as needed. <b>1 = independent</b> (walking without any walking aids or assistance) <b>2 = 1 cane/crutch/rail</b> <b>3 = 2 canes/crutches/rails</b> <b>4 = walker</b> (standard walker or 2- or 4-wheeled walker) <b>5 = assist of 1</b> (physical assistance of 1 person whether minimum, moderate or maximum assist) <b>6 = unable to complete</b>			
<b>TASK</b>	<b>ADMISSION</b> (Within 7 days) <b>OR</b> <b>THRESHOLD</b> (Within 2 days of meeting criterion*)	<b>DISCHARGE</b> (Within 7 days)	<b>Instructions:</b>

**#1 Carpet (Max time: 220s)**

Setup: Carpeted area or a piece of short pile carpet, no less than 7-m long and 2-m wide, securely taped to the floor. Starting point is marked with a 1-m strip of masking tape. End point is marked exactly 5-m from the starting point with a 2-cm piece of masking tape. Both starting point and end point are at least 1-m from the edge of the carpet.

A. Time (seconds)

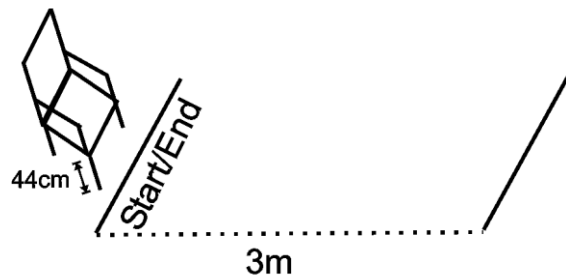
B. Assistance Rating (1-6)

C. = A x B

D. 4.4 sec. (mean time of able-bodied individuals)

**Task Score (Carpet)****= C ÷ D**

1. Tester explains while demonstrating the Carpet task: "When I say 'go,' walk at your normal, comfortable pace until I say 'stop.' "
2. Tester assists participant as needed in placing toes on starting line tape.
3. Tester says "go," and presses stopwatch to begin timing.
4. Participant walks toward the end point. Tester walks alongside the participant as the participant traverses the 5-m distance.
5. Tester presses stopwatch to stop timing once both of the participant's feet have crossed the end point. Tester tells the participant to stop when he or she is beyond the end point.
6. Tester records time and assistance rating required for task.

**#2 Up & Go (Max time: 455s)**

Setup: Standard armchair with a 44-cm seat height (from floor) is placed on the hard, non-carpeted floor. Three meters away, a 1-m strip of masking tape is placed on the floor.

A. Time (seconds)

B. Assistance Rating (1-6)

C. = A x B

D. 9.1 sec. (mean time of able-bodied individuals)

**Task Score (Up & Go)****= C ÷ D**

1. Tester explains while demonstrating the Up & Go task: "You will sit in this chair with your back against the back of the chair and your arms resting on the armrests. When I say 'go,' you will stand up from the chair, walk at your normal comfortable pace past this line, turn around, walk back to the chair, and sit down, making sure your back is against the back of the chair."
2. Participant assumes sitting position in the chair.
3. Tester says "go," and presses stopwatch to begin timing.
4. Tester monitors line to ensure both of participant's feet cross the line before turning around.
5. Tester stops timing when participant is fully seated with back against the chair.
6. Tester records time and assistance rating required for task.

**TASK****ADMISSION**

(Within 7 days)

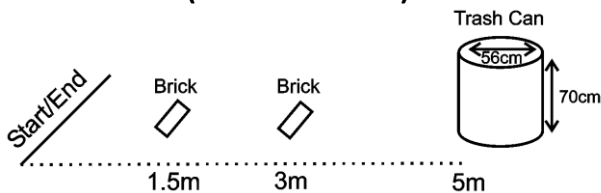
**OR****THRESHOLD**

(Within 2 days of meeting criterion\*)  
(Circle which test was done)

**DISCHARGE**

(Within 7 days)

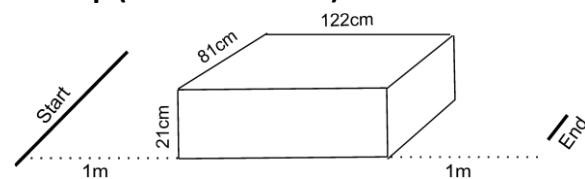
**Instructions:**

**#3 Obstacles (Max time: 570s)**

Setup: A 1-m piece of masking tape is placed on a hard, non-carpeted floor to mark the starting point. A standard brick is placed on the floor at the 1.5-m mark and the 3-m mark. A trash can (diameter 56cm, height 70cm) is placed at the 5-m mark.

A. Time (seconds)		
B. Assistance Rating (1-6)		
C. Hit Obstacle (+1)		
D. = A x (B+C)		
E. 11.4 sec. (mean time of able-bodied individuals)		
<b>Task Score (Obstacles)</b>		
<b>= D ÷ E</b>		

1. Tester explains while demonstrating the Obstacles task: "When I say 'go,' walk forward at your normal, comfortable pace and step over each brick. Then, walk around the trash can from either the left or right. Then walk back stepping over the bricks again. Do not hit the bricks or bin with your body or walking aid, if possible. Continue walking until I say 'stop.'"
2. Tester assists participant as needed in placing toes on starting line.
3. Tester says "go," and presses stopwatch to begin timing.
4. Tester walks with participant.
5. When both of the participant's feet have crossed the end line, tester presses stopwatch to stop timing. Tester tells the participant to "stop" when he or she is beyond the end line.
6. Tester records time, assistance rating required for task, and completes the 'C: Hit Obstacle' row (by entering a "1" if the participant hit any obstacles with his/her body or walking aid while completing the task or a "0" if no obstacle was hit).

**#4 Step (Max time: 185s)**

Setup: A step with the measurements shown in the diagram below is used. Two pieces of masking tape are placed on the floor to indicate the start and finish points. The first, 1-m in length, is placed 1-m in front of the step. The second piece, 2-cm in length, is placed 1-m behind the step.

A. Time (seconds)		
B. Assistance Rating (1-6)		
C. = A x B		
D. 3.7 sec. (mean time of able-bodied individuals)		

<b>Task Score (Step) = C ÷ D</b>		
<b>Total abbreviated SCI-FAP score:</b>		
Sum the 4 task scores above.		

1. Tester explains while demonstrating the Step task: "When I say 'go', walk towards the step, up and over, and continue walking until I say stop."
2. Tester assists participant as needed in placing toes on the starting point.
3. Tester says "go" and presses stopwatch to begin timing.
4. Participant walks toward the end point. Tester follows participant through the task for safety.
5. Tester presses stopwatch to stop timing when both of the participant's feet have crossed the end point.
6. Tester records time and assistance rating required for task.

**Data Collection Details(for RHSCIR study use only)**

<b>Collected by:</b> (please print name)		<b>Initial Here:</b>		<b>Date Abstraction Completed:</b>	YYYY-MM-DD
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