

Parameters for the Gait Evaluation

This is a compilation of testing procedures that can be discussed during the breakout session.

Sitting unaided

Standing up from a sitting position (unaided and with/without use of upper body limbs)

Posture (trunk, neck and head, upright, bent, or asymmetrical)

Stance (narrow/wide based)

Gait initiation (blockage)

Walking (smooth, stiff, insecure, symmetrical, limping)

Speed

Arm swing

Freezing

Turning

Postural reflexes (pull or push test)

Sitting down (“motor recklessness”)

Complex Tests of Stance and Gait

Tandem stance

Tandem gait

Romberg’s test (standing with eyes closed and narrow base)

Blind gait

Walking backwards

Walking fast

Walking slowly (in a deliberate manner)

Running

Turning quickly

Turning on the spot

Unterberger’s test (walking on the spot with eyes closed)

Standing and walking on heels

Standing and walking on toes

Hopping on one foot

Dual task maneuver (walking while talking or carrying objects)

Gait disorders in adults and the elderly, 2017

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Functional reach