

Dynamic Gait Index

Patient Name: _____ MR #: _____ Location: _____

	Adm Date:	MID Date:	DC Date:
	Score	Score	Score
1. Gait on level surface. <i>Instruction:</i> "Walk at your normal speed from here to the next mark (20')" (3) Normal: Walks 20', no assistive device, 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. <i>Instruction:</i> "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. <i>Instruction:</i> "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 turn 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. <i>Instruction:</i> "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 turn 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 mild 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 disruptions in gait, staggers outside of 15" path, loses balance, stops, reaches for wall.			
Total Score: Fall Risk (<9) Y N	/12		/12

Comments: _____

Physical Therapist Signature: _____ Date: _____

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